LETTERS@METRO.US

WILL JESSICA'S BABY EVER ARRIVE? {page 12}

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BOSTON
Wednesday, April 25, 2012

COURTNEY SACCO/METRO

Young voters think this guy may be right

- Harvard poll shows nearly half of 18- to 29-year-olds think US is headed in wrong direction
- Opinion: They will still vote for Barack Obama {page 02}

▶ This man made his feelings about the country abundantly clear to passers-by on Newbury Street yesterday.

Sports

Tonight, it's do or die for the Bruins

- After three Game 7s last year, another one ahead for battle-tested B's
- Bergeron to play against Caps {page 26}

Take a whack at living here

House Lizzie Borden called home after allegedly killing parents on sale {page 29}

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Few young voters think US is headed in right direction

Poll among Millennial generation finds those who helped Obama in 2008 much less politically engaged

More youths believe the country is "on the wrong track" than those who believe it is headed in the right direction, according to a poll released yesterday by Harvard's Institute of Politics.

The national poll focused on those in the Millennial generation — people who are between the ages of 18 and 29 — and was conducted between March 23 and April 9.

The poll of 3,096 people also found that 58 percent of those surveyed said jobs and the economy are the national issues that concerns them the most.

Those results come on the heels of a review by The Associated Press that showed that 1 in 2 college graduates in 2012 are either jobless or underemployed.

But those figures don't necessarily mean good news for Mitt Romney, the likely Republican presidential nominee who will challenge President Barack Obama.

"Although this generation is not as supportive of President Obama and Democrats as they may have been in the historic 2008 campaign, this in no way implies that the Republican Party has successfully captured the hearts, minds and votes of Millennials," said John Della Volpe, Harvard Institute of Politics polling director.

GETTY IMAGES

▶ Barack Obama knows how to reach a hip, young audience — be on "Late Night With Jimmy Fallon."

43% Most likely to vote for President Obama

26% Most likely to vote for Mitt Romney

30% Don't know who most likely to vote for

Obama's approval rating among Millennials improved to 52 percent from a new low of 46 percent late last year. The increase is important for Obama who was helped to victory in 2008 by the demographic.

He was also helped to victory by a winning grassroots effort. But the poll suggests that the same enthusiasm for this year's presidential election is not there.

Nearly 80 percent of those surveyed do not consider themselves politically engaged.

Yesterday, Obama made an effort to reach out to the generation when he addressed them directly during a speech on student loan issues as part of a tour of three college campuses this week. He was also set to appear on "Late Night with Jimmy Fallon" early this morning.

MICHAEL NAUGHTON
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In the news

3.2M

Number of Massachusetts residents who have had personal data lost or stolen, according to a four-year study conducted by the state's Office of Consumer Affairs and Business Regulation. According to Boston.com, about 1,800 data breaches over the past four years have affected nearly half of all Bay State dwellers.
METRO/BOSTON.COM

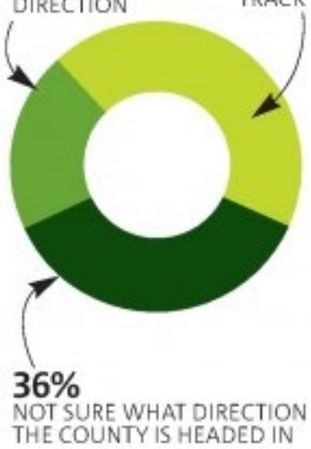
Today's local tweet

"The MBTA will be rolling out smartphone-based ticketing this fall... (on-time trains to roll out never)."

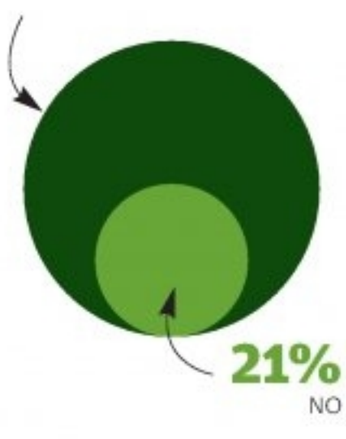
@MATT_RAINONE ON THE T'S NEW TECHNOLOGY TO BUY TICKETS WITH A SMART PHONE, COMPARED TO THEIR ON-TIME TRAIN SERVICE

By the numbers

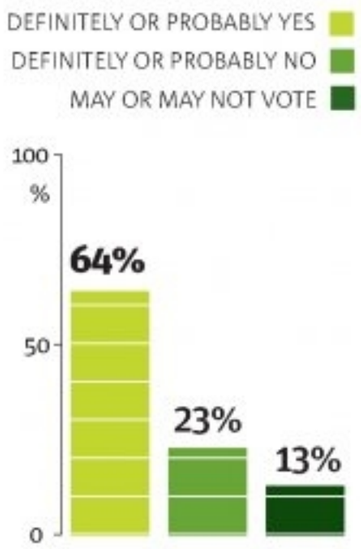
The nation is:



Do you consider yourself politically engaged?



Will you be voting in the 2012 presidential election?



Opinion

FRED BAYLES
BOSTON UNIVERSITY PROFESSOR

MILLENNIALS ARE VOTERS

We can expect the usual "so what" response from political pundits to a new Harvard Institute of Politics poll that found growing support for President Obama among the Millennial generation — the population cohort between the ages of 18 and 29.

The Web-based poll of 3,096 Millennials taken between March 23 and April 9 found Obama leading his likely opponent, Mitt Romney, by a 17-point margin — gaining 6 percentage points since a similar poll taken in late November.

The conventional wisdom about this age group is that it doesn't vote. That was the rap before the 2008 election when a number of pieces written before the general election dismissed youth enthusiasm for Obama as mostly liberal slackers who couldn't be bothered to put down their bongs and go out to vote.

The CW on voter participation holds that it is the other end of the population spectrum — the older folks — who vote in higher than average numbers. And the older folk, well represented among the Tea Party cohort, aren't big fans of the president.

Quoted

"Conventional wisdom can be a double-edged sword." BAYLES

The problem with this kind of echoed analysis is that it is heavy on the conventional and light on the wisdom. The reality is that Millennials are voting in increasing numbers. Two million more in the age cohort voted in 2008 than did in 2004, bringing participation to a respectable 51 percent among Millennials. Analysis of the 2008 election also found that minorities within this age group had an even higher percentage of participation — another fact that runs counter to accepted notions about voter participation.

The Obama campaign realized this in 2008 and again in the current election. A Pew Research Center report found that 25 percent of Millennial voters were contacted by the Obama campaign in 2008 compared to 13 percent by the McCain campaign. This year Obama has seized many of the generation's key issues, including his call for universities to lower costs, raising the availability of student loans, health care access and income disparity. Romney, who has struggled with an enthusiasm gap among older voters, has yet to make a credible pitch (other than deficit reduction) to younger voters.

But conventional wisdom can be a double-edged sword. The Obama campaign puts itself in peril if it assumes the youth vote is a lock in November and Romney would be wrong not to make his own pitch to what is becoming a power segment of the American electorate.

*– **Fred Bayles,** the director of Boston University's Statehouse Program, is a former national correspondent for The Associated Press and USA TODAY. He is author of Field Guide to Local Reporting.*

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BPD investigating missing evidence

A package of evidence went missing from the Boston Police Department's custody, an audit recently revealed.

Investigators from the Boston Police Audit and Review Unit conducting a routine audit of a random sampling of 500 pieces of evidence discovered "a discrepancy as to the location of one package of evidence," police said.

Police did not say what evidence was contained in the package, which was supposed to be housed at the department's drug depository.

"The Boston Police Department is taking every appropriate investigative measure to reconcile that discrepancy. Those findings will determine if other investigative steps will be necessary," said BPD spokeswoman Elaine Driscoll.

The package went missing within the past two weeks, according to the Herald.

This is not the first case of missing evidence within the department.

▶ Police Commissioner Ed Davis instituted safeguards to monitor evidence in 2006, including video cameras.

A 2006 audit revealed hundreds of bags of drugs missing from the Hyde Park depository and hundreds more evidence packages that were tampered with, according to the Herald.

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Student found dead in dorm

CAMBRIDGE. A Harvard College student was found dead in her dorm room Saturday. Wendy Chang, a senior from California, was an English major.

Authorities said foul play is not suspected and they would not comment on the cause of her death, according to the Globe.

Hundreds of students attended an on-campus memorial. METRO

Brewer expands loan program

BOSTON. The maker of Samuel Adams beer announced yesterday it will expand its microfinance program nationwide.

The Boston Beer Co. will increase funding for its Brewing the American Dream program to $1 million. The program provides loans to small businesses. METRO

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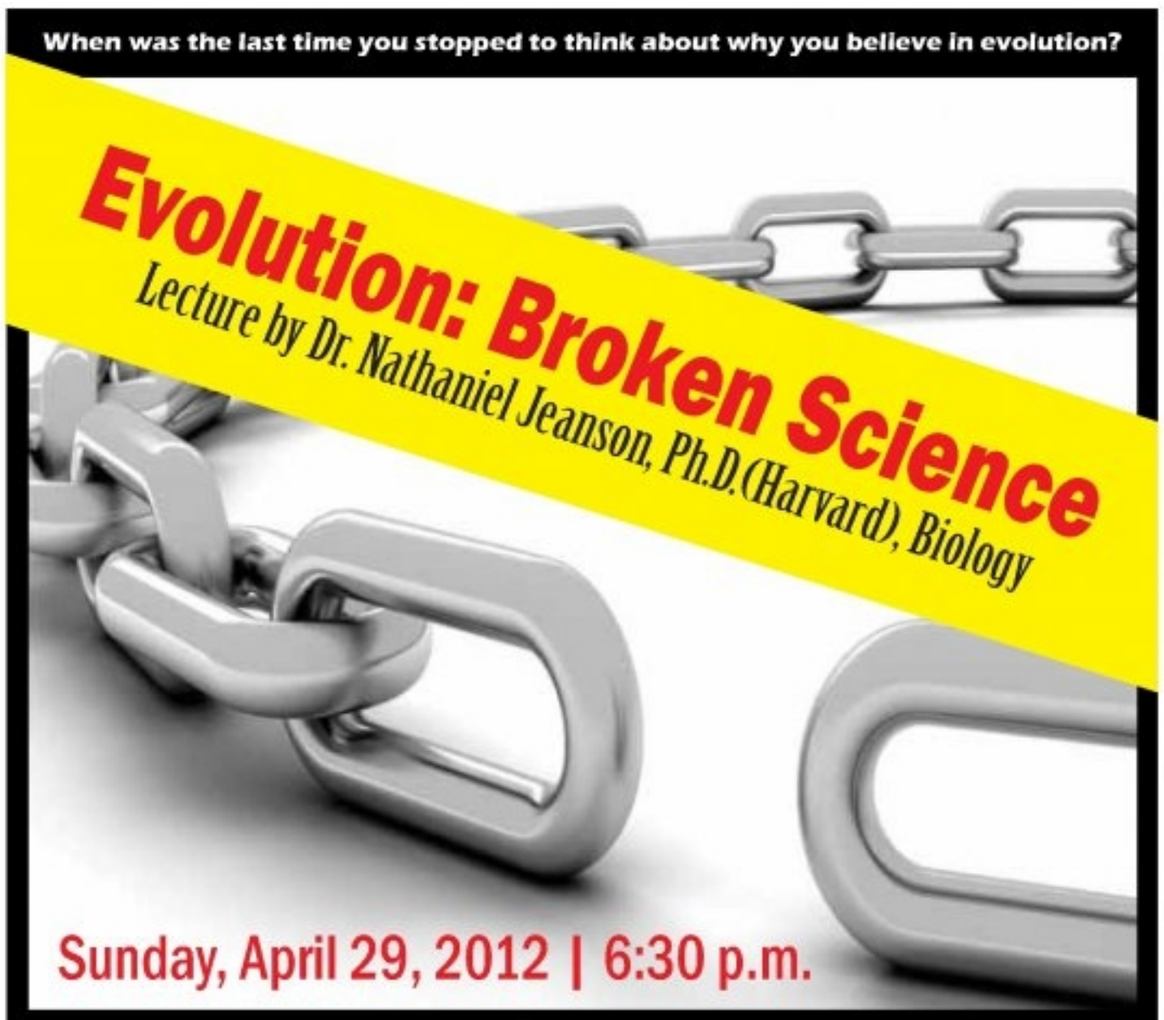
When was the last time you stopped to think about why you believe in evolution?



Join Dr. Nathaniel Jeanson, Ph.D.(Harvard), Biology, for an in-depth look at How "DNA comparisons, mutation rates, and modern cell biology challenge the validity of evolution." Question & Answer to follow.

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News in brief

FACEBOOK

Body found on Cape is ID'd

FALMOUTH. Authorities are asking for the public's help and for anyone who might have unknowingly aided the killer of a pregnant Nantucket woman to come forward.

Skeletal remains found in Falmouth by a man walking his dog last week were identified as 23-year-old Trudie Hall, Cape and Islands District Attorney Michael O'Keefe said yesterday.

"Though Trudie will never speak again, by finding her she has told us much ... how many times she was shot and by what bullets," O'Keefe said.

Hall's mother reported her missing in July 2010 when she was unable to contact her. Hall came to the mainland for a doctor's appointment.

Anyone with info can call 508-790-5799. METRO

Seniors disrupt budget meeting

BOSTON. Seniors concerned about the future of MBTA services swarmed the State House yesterday during budget deliberations, leading officials to declare a recess and clear out the public gallery of protesters.

According to State House News Service, outbursts from some of the protesters led to more than 200 frustrated seniors and transit rider advocates being removed from the room.

The group was assembled by the Massachusetts Senior Action Council and the T Riders Union, according to reports. METRO

Experts: New ticket app leaves MBTA vulnerable

Security professionals say it's only a matter of time before new ticket app gets hacked ◗ Developers say provisions in place to prevent fraud

Hacker pride

According to Johanson, those in the "hacker community" pride themselves on breaking through services deemed "unhackable."

"You get your name on this, that's world news. Notoriety is one of the biggest currencies the hacker community has," she said. "It's not always about hurting someone as much as it is saying 'look what I did.'"

METRO/SA

The MBTA is on the forefront of new technologies, with plans to roll out digital ticketing on the Commuter Rail this fall, but security professionals say the transit agency shouldn't be so sure the new system couldn't be hacked.

"Everything has a flaw," said Caitlin Johanson, technical specialist for Core Security Technologies.

This week the T announced plans to unveil an app for smartphone devices that will let riders buy passes using a debit or credit card.

Train conductors will then check tickets on riders' phones to ensure their validity.

Developers from Masabi, the company launching the app, said color-changing, visually encrypted images and scanner codes will help deter fraudulent passes.

Johanson said from a "reverse engineering perspective," however, once this technology hits the public market, that's when the "frenzy will begin."

"As a security professional, you come to realize that there is literally a workaround for everything ... you just need to give it time," she said.

While used widely in England, the T will be the first transit agency in the U.S. to use the new app, something Johanson said can be risky.

"Saying you can't hack this coming into the U.S. is like putting a huge, red target sign on your forehead," she said. "Boston is one of the top cities for hacker and security communities — it's a rough area to introduce something like this."

But MassDOT Secretary Rich Davey said the agency is relying on evolving security developments to stay "a step ahead."

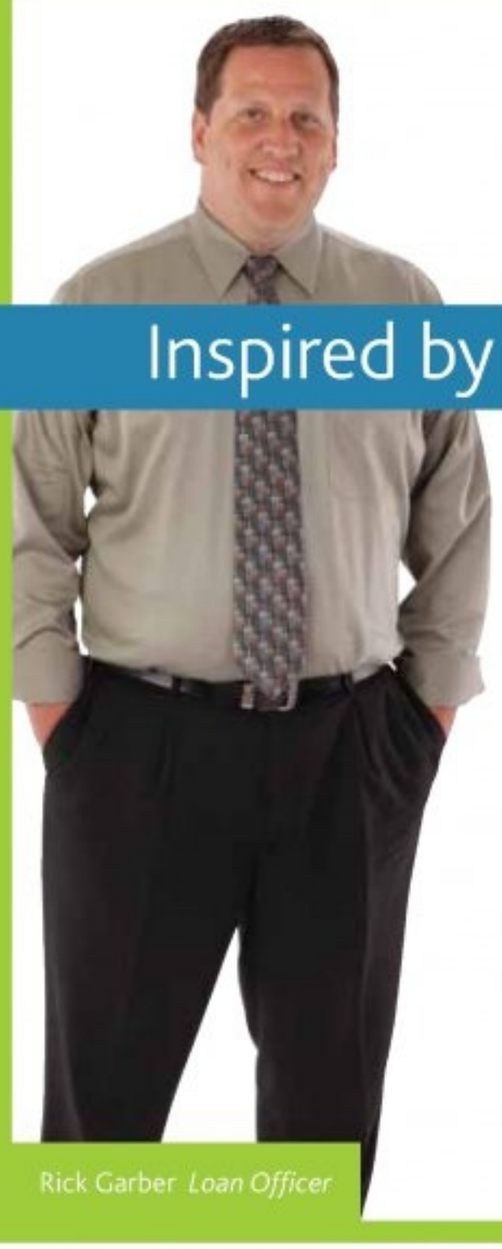
"Nothing in life is fool proof, but I expect we will have the most secure program possible," he said.

Past MBTA scams

Being the target of massive ticket scams isn't something new to the T.

- In 2008, three MIT students figured out a way to get free subway rides and unveiled a video called "The Anatomy of a Subway Hack."
- In 2012, four people were arrested for allegedly producing thousands of unauthorized T passes worth millions of dollars.

STEVE ANNEAR



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The kids are all, eh, whatever man

For complaints, suggestions and digital attaboys, e-mail us at brayden.simms@metro.us.

Campaign season has so far focused on a variety of target demographics. We had women voters, we had Catholic voters, we even had mom voters — some of whom were probably women Catholics! This week it's all about the kiddos.

President Barack Obama, calling for a freeze of interest rates on student loans, had planned a weeklong effort to woo the young voters that helped propelled him to victory in 2008. "In America, higher education cannot be a luxury," he said in his radio address.

Unsurprisingly, Romney jumped on that ship — to the chagrin of his Republican allies in the House, who see the estimated $6 billion price tag of such an effort as unacceptable. "I fully support the effort to extend the low interest rate on student loans," Romney stated.

Romney's pivot may be due to fears that Obama could again carry the youth. "I think this is a time when young people are questioning the support they gave to President Obama three and a half years ago," Romney said Monday. "He promised bringing the country together. That sure hasn't happened."

Yes, and Romney's going to do his damnedest to make sure that certainly doesn't happen in the next few months!

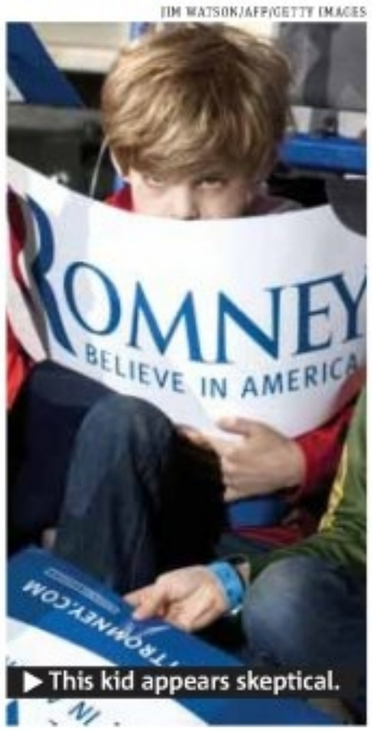
But hey, cynicism aside, this is good for students and families. Election season is one of those rare moments when we can actually extract real concessions from candidates desperate for our support.

Whether the strategy of courting young voters will pay off is another question. The youth vote (from those 18 to 29 years old) has actually been on the decline since a recent high of 24 percent of the electorate in 1984. Obama's "historic" rallying of this demographic represented 18 percent of that electorate — up, it's true, from a low of some 17 percent in the years between 1996 and 2004. One whole point!

The 2008 Obama campaign galvanized those inclined to vote. Can Romney do the same? Well, do robots carry umbrellas? We don't know, actually.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

JIM WATSON/AFP/GETTY IMAGES



▶ This kid appears skeptical.

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Just the headlines:

- "Romney and Obama Agree: They Want Young People to Vote for Them" **THE ATLANTIC WIRE**
- "James O'Keefe tried to steal my vote" **NBCLATINO.TUMBLR.COM**
- "Poll: One-Fourth Of Americans Less Likely To Vote Because Of Super PACs" **TPM LIVEWIRE**
- "As senator, Obama missed votes on student loan bill he now wants to extend" **POLITICO.COM**
- "Obama caught in trap on gay rights" **THE PLUM LINE**
- "How the media helps Mitt" **SALON.COM**
- "Can Reddit Vote Down a Congressman?" **MOTHER JONES**

Youth vote by numbers

66%

Obama pulled 66 percent of youth voters in the 2008 presidential election, according to national exit polls.

17%

The president is currently polling 17 points above Mitt Romney among that same constituency, according to an online survey conducted by Harvard University's Institute of Politics released April 9, 2012, 43 percent to 26 percent.

50%

Romney, naturally, blames Obama's policies for "the weakest recovery since the Great Depression, where 50 percent of recent college graduates are unemployed or underemployed."

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Secrets Wild Orchid Montego Bay *All-Inclusive, Adults-Only, Unlimited Luxury®*	**$1,421**	$2,186	35%
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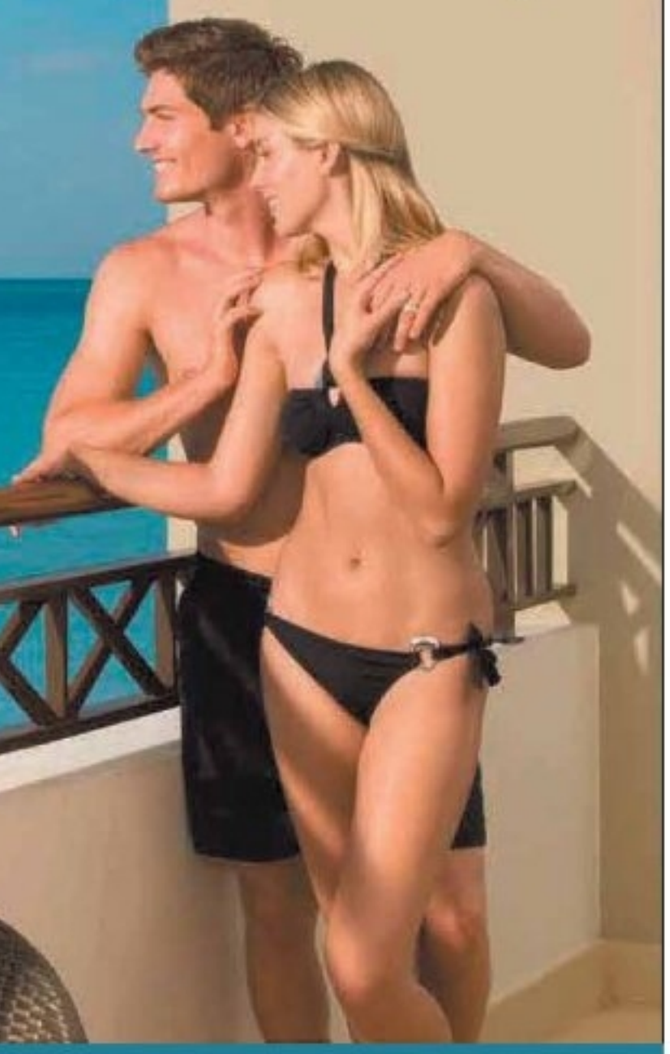

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US violence drops in past two decades

The rural New England states of Maine, Vermont and New Hampshire are the most peaceful U.S. states, a distinction that gives them an economic advantage over the most violent, including Louisiana, Tennessee and Nevada.

Violence and its aftermath cost the entire U.S. economy some $460 billion last year, according to the Institute for Economics and Peace's second annual United States Peace Index, which was released yesterday.

The study found that the United States has become a less violent place over the past two decades, based on an analysis of historic data on homicides and other violent crime, the number of people incarcerated, police employment and the prevalence of small arms.

While the United States continues to be rocked by highly publicized cases of gun violence — from the February shooting of unarmed black teenager Trayvon Martin by a neighborhood watch volunteer in Florida to an April shooting spree in Tulsa, Okla., by two men that left three people dead and four wounded — the overall homicide rate has declined, the study found.

Over that time two of the most populous states — New York and California — recorded the largest drops in violence. REUTERS

Best and worst

Most violent areas
- Detroit, Livonia and Dearborn in Michigan
- New Orleans, Metairie and Kennery in Louisiana
- Miami, Miami Beach and Kendall in Florida

Most peaceful areas
- Cambridge, Newton and Framingham in Massachusetts
- Edison and New Brunswick in New Jersey
- Seattle, Bellevue and Everett in Washington

Charges. Oil spill

▶ Mix was charged with two counts of obstruction of justice for allegedly deleting records related to the amount of oil flowing from the Macondo well after the blowout.

GETTY IMAGES

A former BP Plc. engineer was arrested and charged yesterday with trying to destroy evidence related to how much oil was spilling into the Gulf of Mexico in April of 2010. Kurt Mix, 50, is accused of trying to delete text messages between him and a supervisor that included "sensitive internal BP information."

Lawyer: Hard work, not 'roids, key for Clemens

WASHINGTON. Roger Clemens' lawyer rejected federal charges of perjury against the former pitching star, saying yesterday Clemens is opposed to steroid use and simply told the truth in denying he had used them.

"You are sitting in judgment to decide whether it is a crime to deny a crime," attorney Rusty Hardin told jurors in his opening statement at the trial of Clemens, who is charged with lying to Congress in testimony concerning performance-enhancing drugs.

Use of steroids and human growth hormone "was total anathema, totally against everything he stood for," Hardin said.

Hardin said Clemens' former trainer, who is expected to testify that the baseball star used performance-enhancing drugs, is a liar. REUTERS

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For more information please contact:
The Forsyth Institute
Phone: 617-892-8389 or 617-892-8249
E-Mail: clinicaltrialsinfo@forsyth.org

Facebook profits' surprise decline

GETTY IMAGES

▶ Investors are still likely to sign up in droves for the IPO.

WRITE TO US:
LETTERS@METRO.US

Facebook Inc. reported its first quarter-to-quarter revenue slide in at least two years, a sign that the social network's sizzling growth may be cooling as it prepares to go public in the biggest ever Internet IPO.

The company blamed the first-quarter decline, which surprised some on Wall Street, on seasonal advertising trends.

"It was a faster slowdown than we would have guessed," said Brian Wieser, an analyst with Pivotal Research Group.

"No matter how you slice it, for a company that is perceived as growing so rapidly, to slow so much on whatever basis — sequentially or annually — it will be somewhat concerning to investors if faced with a lofty valuation," Wieser said.

"It was a faster slowdown than we would have guessed."
BRIAN WIESER, ANALYST WITH PIVOTAL RESEARCH GROUP

Facebook is preparing to raise at least $5 billion in an initial public offering that could value the world's largest social network at up to $100 billion. **REUTERS**

News in brief

Edwards campaign aide tells trial of spending concern

GREENSBORO, N.C. A former campaign aide testified yesterday that he worried about secretly using money from wealthy donors to support former U.S. Senator John Edwards' pregnant mistress during the candidate's 2008 presidential bid.

"It just all seemed crazy," Andrew Young said during his second day of testimony. "It felt and smelled wrong."

Young is the federal government's key witness in the criminal campaign finance case against Edwards. **REUTERS**

Newt to rethink candidacy after Delaware result

DELAWARE. Newt Gingrich told NBC News he would reassess his candidacy depending on his finish in Delaware.

Delaware is one of the five northeastern states that held presidential primaries yesterday, and it's also the state where Gingrich has campaigned most heavily.

"I think we need to take a deep look at what we are doing," Gingrich told NBC in an interview on Monday. **REUTERS**

Calif. to consider death penalty repeal

California voters will decide in November whether to repeal the death penalty in a state that is home to nearly a quarter of the nation's death row inmates. This is in response to activists collecting the more than 500,000 signatures needed to put the measure on the ballot.

The ballot initiative focuses on the high cost of the death penalty in a state that has executed 13 people since capital punishment was reinstated in the nation in 1976. Another 723 inmates sit on death row pending lengthy and expensive appeals.

The move would abolish execution as the maximum sentence in murder convictions and replace it with life imprisonment. **REUTERS**

METRO FILE PHOTO

▶ California could join 17 other states without capital punishment.

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Celebrity fetus roundup

▶ Jessica Simpson in March (!) on "The Tonight Show with Jay Leno."

COURTESY NBC

It's a slow gossip day, so let's check in with everyone's favorite subject: The uteri of the stars!

First up: **Jessica Simpson**, who, it should be noted, is still pregnant. (At this point, does anyone else feel like Simpson is going to be in the Guinness Book of World Records for "Mammal with the Longest Gestation Period," right next to: "Elephant"?) "I just woke up from a dream that I wore a leopard caftan in the hospital. Fabulous!!" Simpson tweeted yesterday. "Now I need to find one!" Even the "Fashion Star" mentor knows that this is a seemingly never-ending pregnancy: "To everyone who keeps congratulating me on the birth of my baby girl...I'm still pregnant!!" Simpson tweeted Saturday. "Don't believe what you read ladies and gents."

GETTY IMAGES

▶ Bill and Giuliana: Expecting!

Meanwhile, Life & Style is reporting that **Drew Barrymore**, who has yet to confirm her pregnancy, is, like Simpson, having a girl. A source close to Drew "exclusively revealed" to the mag the sex of the child. "She's so excited," the source adds.

I'd take this news with a grain of salt, folks, as no "close" friend would sell out such sacred information to a tabloid. That being said, there's a 50-50 chance that this made-up information is correct. Good job of hedging your bets, Life & Style!

And, just in case you missed it: **Giuliana and Bill Rancic**, whose struggles with infertility are well documented, announced Monday on "Today" that they are going to have a baby via a gestational carrier. "She is giving us the greatest gift we're ever getting in our lives," Giuliana, 37, tells People of the woman whose identity has not been revealed. "She's so selflessly helping make our dream a reality. We adore her."

Let's hope this gestational carrier isn't on the Jessica Simpson timeline of giving birth.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Jimmy Kimmel is paying his respects, Katy Perry knows what dead musician she wants to see next, Nia Vardalos is feeling the heat, and Albert Brooks has some theories about defense strategy.

@jimmykimmel
I had the pleasure of working with Dick Clark many times - great guy. Some trivia: did you know he HATED music?

@katyperry
When is the Sublime hologram coming to coachella?! #805

@NiaVardalos
Just back from Disneyland, sunblock wore off, my shnozz has been replaced by an eggplant.

@AlbertBrooks
I wonder if the U.S. purposely sends out crappy drones so when they're captured China & Iran get bad info?

Vardalos

Talking points

Jolie's new role: UN special convoy

While celebrating her engagement to **Brad Pitt** with the whole family in the Galapagos Islands, **Angelina Jolie** still made time for some work, heading to Quito, Ecuador, to meet with government officials, check in on refugee settlements and help work on self-sustaining agricultural projects, all as part of her work as a special envoy for the United Nations High Commissioner for Refugees, according to the L.A. Times. But after her duties were complete, it was back to the Galapagos, where Jolie, Pitt and their six children continued celebrating. "They've been splitting their time between a private villa and on a yacht, which they've taken to various islands in the Galapagos region," a source tells Us Weekly.

▶ Jolie in Ecuador, doin' good.

GETTY IMAGES

Segel and Williams: It's on!

Jason Segel went to great lengths to avoid the cameras and still catch the premiere of girlfriend **Michelle Williams**' new movie, "Take This Waltz," at the Tribeca Film Festival. The "Five-Year Engagement" star dodged the red carpet to "sneak through the back entrance to be there with Michelle," a source says, according to Hollyscoop. Of course, there was no such sneaking around when it came to the after-party, where the pair packed on the public displays of affection. "There was no mistaking that they were a couple," says a source. "They seemed very comfortable and happy to be there celebrating together."

Celeb. Spotting

▶ The couple that does Coachella together ...

GETTY IMAGES

Katy Perry's new man

Katy Perry was spotted at the Coachella music festival holding hands, cuddling and generally acting like a couple with Florence and the Machine guitarist Robert Ackroyd, according to Hollyscoop. Of course, Perry has also recently been linked to French singer and model Baptiste Giabiconi, with his rep going so far as to confirm their getting to know each other.

Which is scarier? Janice, Jack, a raven or Bon Jovi's teeth?

1. Jack White performed live on stage during a one-off solo concert in support of his debut solo album "Blunderbuss," at the Kentish Town Forum on Monday in London.

2. John Cusack brought the perfect red carpet date for the premiere of his new film, "The Raven" on Monday in Los Angeles.

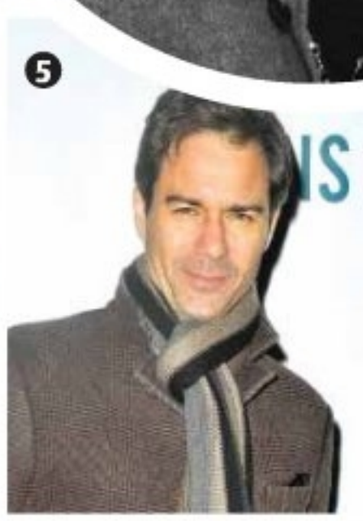
3. Janice Dickinson attended WWJD - What Would Janice Do? at XL Nightclub on Monday in New York City. Apparently, Janice "would" appear to be crazy.

4. Jon Bon Jovi was all smiles at the Bloomberg Panel & Reception during the 2012 Tribeca Film Festival on Monday in New York.

5. Eric McCormack attended "The Lyons" opening night at the Cort Theatre on April 23, 2012 in New York City.

6. Malin Akerman and **Topher Grace** attended the Tribeca Film Festival's after-party for "The Giant Mechanical Man," hosted by Stolichnaya Vodka, at Catch Roof on Monday night in New York City.

1: JIM DYSON/REDFERNS VIA GETTY IMAGES
2: FRAZER HARRISON/GETTY IMAGES FOR RELATIVITY MEDIA
3: ROBIN MARCHANT/GETTY IMAGES
4: CINDY ORD/GETTY IMAGES
5: DANIEL ZUCHNIK/GETTY IMAGES
6: STEPHEN LOVEKIN/GETTY IMAGES FOR STOLI



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Trees provide many benefits, including improving air quality, reducing energy needs, providing a habitat for animals, and making our cities more beautiful.

This month, RainforestMaker and LATTE, Lawyers Accountable To The Earth, will be planting trees in partnership with Boston Natural Areas Network at the Emerson School in Roxbury.

To learn more and support tree plantings in Boston, visit www.rainforestmaker.org/earthday or email erica@rainforestmaker.org.

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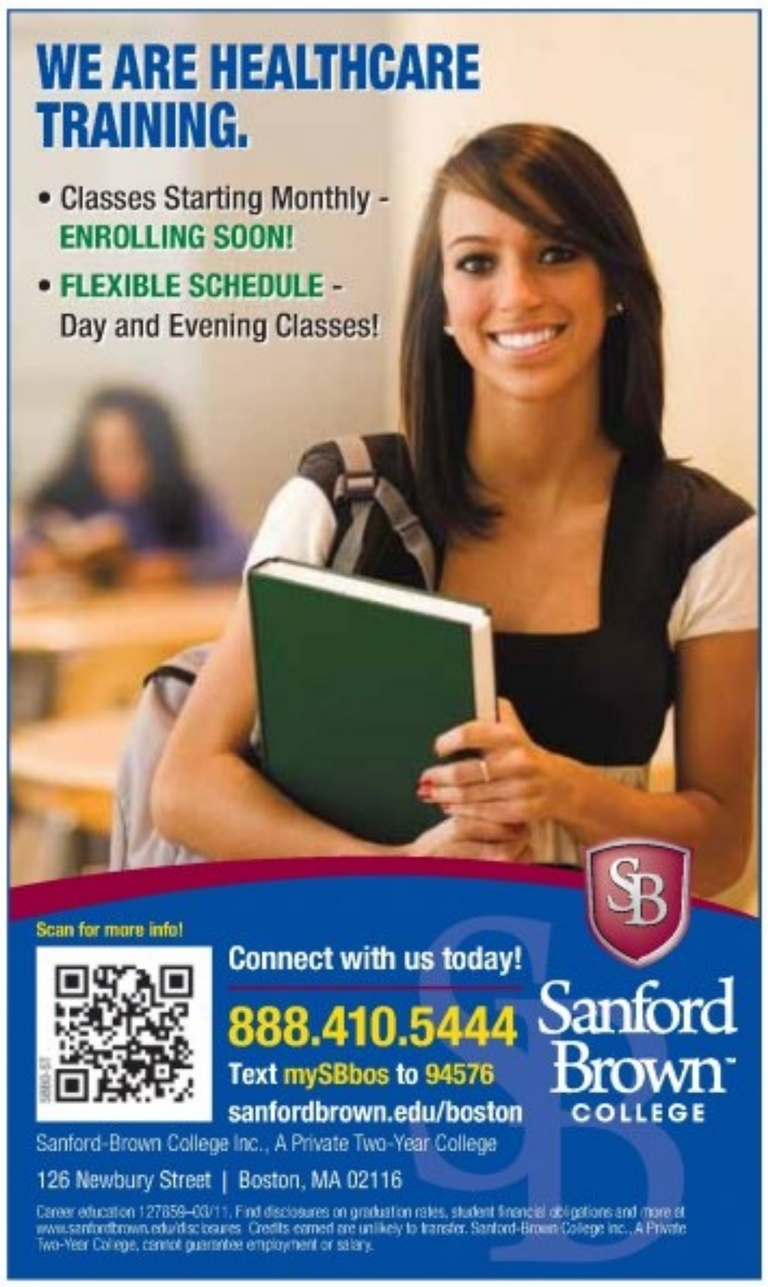


You can't not like this guy

But actor Chris Messina is equally good at playing the scuzzballs and the softies

Chris Messina has been branded as a decent, stand-up guy. He doesn't like this at all.

"After 'Julie and Julia,' [casting directors] wanted me to be nice," he says. "They wanted me to tell my girlfriend or wife that their cooking was great and that everything would be all right. That was a great movie experience and I am certainly grateful for it, but I don't want to play that guy for the rest of my career."

Too bad for Messina that he is a nice guy in real life. He just can't help it. Not many people we've interviewed have shown an interest in where we're from and what kind of beat we cover, after all. But the 38-year-old is still aces at playing a slimeball, which he perfects with his damaged character in "Fairhaven." The film, which he co-wrote with co-star, director and old friend, Tom O'Brien, screens at this year's Independent Film Festival Boston on Sunday at 12:30 p.m.

COURTESY OF THE TRIBECA FILM FESTIVAL

▶ From left to right, Tom O'Brien, Chris Messina and Rich Sommer shoot a scene on the set of "Fairhaven."

In the film, he's an old, estranged friend to Jon (O'Brien), a lost soul trying to find the meaning of his life. Messina's character, Dave, is more into the cocaine-and-hookers kind of thing, but underneath lies a wounded man.

For Messina, the real joy of the project was working with his friend, with whom he'd been knocking around this idea since they first met in the '90s.

"With any movie that you do, you just take a leap of faith if you don't know the filmmaker," Messina says. "The great thing about working with people whom you have a long history with is that with Tom, he knows all my problems. He knows how to diffuse them or use them. He knows what will get me excited and what will get me angry. We've already skipped all these steps. We have a common goal and we're OK with pushing each other."

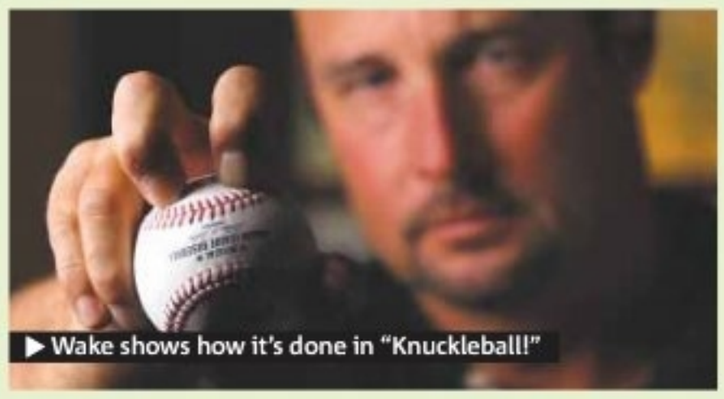
O'Brien will be at Sunday's IFF screening at the Somerville Theatre.

HEIDI PATALANO
heidi.patalano@metro.us

Also screening

IFF and when

The Independent Film Festival Boston kicks of its 10th year tonight with "Sleepwalk With Me" and runs through next Wednesday with "The Queen of Versailles." With screenings taking place at the Somerville Theatre (55 Davis Square, Somerville), The Brattle Theatre (40 Brattle St., Cambridge) and the Coolidge Corner Theatre (290 Harvard St., Brookline), there are 97 movies in between them all. Here are our picks. For more, visit www.iffboston.org.



▶ Wake shows how it's done in "Knuckleball!"

▶ This anonymous man is an Anonymous man.

'Sleepwalk With Me'
Tonight, 7:30 p.m.
Somerville Theatre
On the "This American Life" radio show, Mike Birbiglia's best stories seamlessly patch together elements of the absurd and the universal. It works because of the comedian's willingness to share ridiculous anecdotes that somehow make sense to all humans. His movie does this times 10. As a slightly fictionalized version of himself (named Matt Pentamiglio) he details how he got to where he is and how walking in his sleep played a part in getting there. Not only did "TAL" host and mastermind Ira Glass co-wite the script and produce the film, he'll also be on hand to answer questions after the film.

'Knuckleball!'
Saturday, 4 p.m.
Somerville Theatre
This documentary explores the very specific style of knuckleball pitching, practiced by R.A. Dickey of the Mets, and wayyy more importantly, Red Sox pitcher Tim Wakefield. Directors Ricki Stern and Annie Sundberg will be in attendance on Saturday.

'2 Days in New York'
Saturday, 6:45 p.m.
Brattle Theatre
Actress, writer and director Julie Delpy follows up her film, "2 Days in Paris" with her character ending up in New York with a hipster boyfriend named Mingus, who we should mention is played by Chris Rock. Her family arrives to meet him, and as is usually the case in these situations, awkward hilarity ensues. Delpy will be in attendance on Saturday.

'We Are Legion: The Story of the Hacktivists'
Saturday, 7 p.m.
Somerville Theatre
This doc details the fascinating ark of how Anonymous — a collective of Inter-nerds — went from practical jokers to political shakers. Cheers also to Mass. native John Dragonetti, who did the kickass soundtrack.

METRO

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TV watch list

'Total Blackout'

GAME SHOW. "Dancing with the Stars" competitor Jaleel White attempts to continue his comeback via reality TV by hosting this psych-out game show, which leads contestants into complete darkness to face their fears — like a cage full of rats or snakes. The joke's on them when the creepy crawly they're expecting to encounter actually turns out to be a feather duster. The doctor's bills for heart attacks are also on them. **Series premiere, 10 p.m., Syfy**

SYFY
▶ "Total Blackout"

'Locked Up Abroad'

REALITY. The series that always makes a good case for choosing to nix that vacation abroad and save your money instead opens Season 6 with a profile of Erik Aude, an actor who appeared in "Dude, Where's My Car?" and then made the bad decision of taking a real-life role as a drug mule and wound up in a Pakistani prison. The now-freed Aude, perhaps angling for a second shot at Hollywood, stars in his own re-enactment tonight. **Season premiere, 10 p.m., National Geographic**

AMBER RAY

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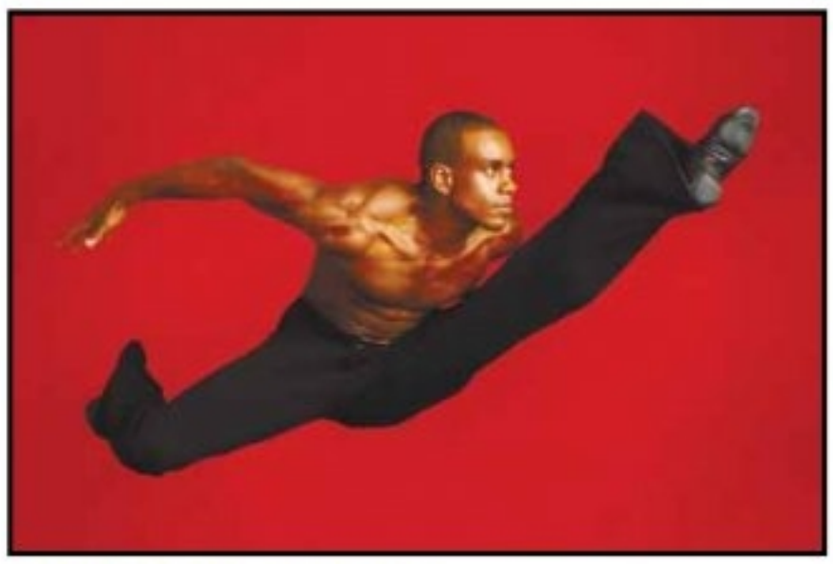

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Friday, April 27 • 8pm - 11:30pm • Citi Wang Theatre

Globe Insiders are invited to attend one of this season's must-see performances of Alvin Ailey American Dance Theater. Friday's performance will include Alvin Ailey's timeless masterpiece *Revelations*, Paul Taylor's *Arden Court*, and Ohad Naharin's *Minus 16*, which features a delightfully eclectic score ranging from Dean Martin to mambo and techno to traditional Israeli music. Following the performance, the Boston Globe Arts Editor, Rebecca Ostriker, will be joined onstage by Alvin Ailey Artistic Director Robert Battle and several of the Ailey dancers for an engaging Q&A.

Rebecca Ostriker

Purchase your tickets to Friday's performance of Alvin Ailey American Dance Theater at CELEBRITYSERIES.ORG, by calling the Citi Center Box Office at 866-348-9738, or in person at the Citi Center Box Office (270 Tremont Street).

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theater & arts guide

MUSIC

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MUSIC

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Study: Macs and malware

Think your Apple computer is immune to the pitfalls that strike other computers? Think again: One in five macs are infected with a virus

In a challenge to the prevailing belief that Apple computers are immune to the sort of cyberattacks that plague Windows-based machines, research firm Sophos released a study claiming that one in five Macs has malware.

The report, released on Tuesday, is based on a "100,000-strong snapshot" of the millions of Macs that downloaded Sophos's free Mac antivirus software. The study found that 20 percent of Macs were carrying one or more instances of Windows malware.

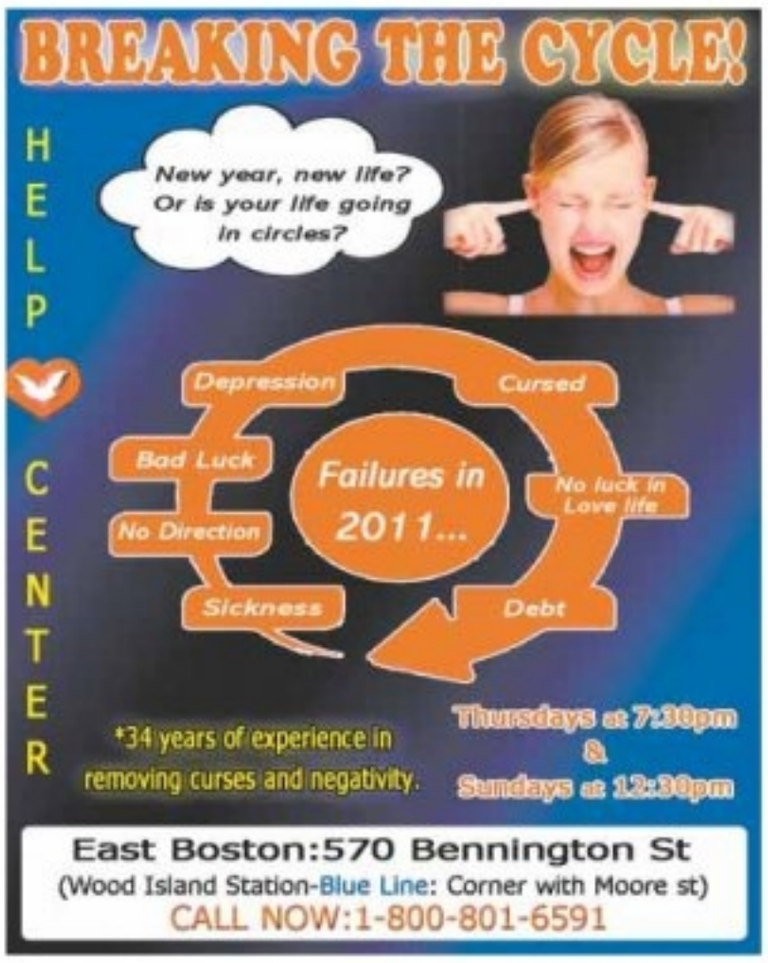
Such malware doesn't cause symptoms unless the Mac owners run Windows on their machines, but it can be spread to others.

However, this doesn't appear to be solely a Windows-based problem. The report also found that 2.7 percent of Macs were infected with Mac OS malware. The majority of such Mac OS malware is composed of fake antivirus attacks, like the recent Flashback botnet. Mac owners can contract such malware by downloading e-mail attachments, visiting rogue websites and unknowingly installing it via their USB drive.

It's official: No computer is immune to viral attacks.

To avoid downloading such malware, Sophos recommends running an antivirus program and keeping it up to date, exercising caution about which links you click on, keeping software patches current and keeping an eye out for e-mail-based scams.

TODD WASSERMAN FOR Mashable
The Social Media Guide



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May 6, 2012
Sunday, May 6, 2012
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mywellbeing

What's the deal with chia seeds?

We've been hearing about their supposedly amazing benefits a lot lately One chia fan offers his input

It's not just for pet plants anymore: Chia seeds are one of spring's biggest health fads, touted as aiding everything from weight loss to heart health. Is this seed, from which Chia Pets are grown, really a miracle food?

"I've been working with it for 20 years, and we're still learning about chia," says Wayne Coates, Ph.D., author of "Chia: The Complete Guide to the Ultimate Superfood." "What we have found is that it lowers cholesterol, reduces inflammation [and] can help weight loss — and diabetics have been able to reduce their medications."

Chia, which contains valuable omega-3s, fiber, broad-spectrum antioxidants and protein, is a member of the mint family. It's native to southern Mexico and Guatemala and was likely used by ancient peoples there. Many years ago, Dr. Coates, an agricultural engineer and founder of the website Azchia.com, oversaw commercial chia cultivation in Argentina. Initially, it was used as animal feed.

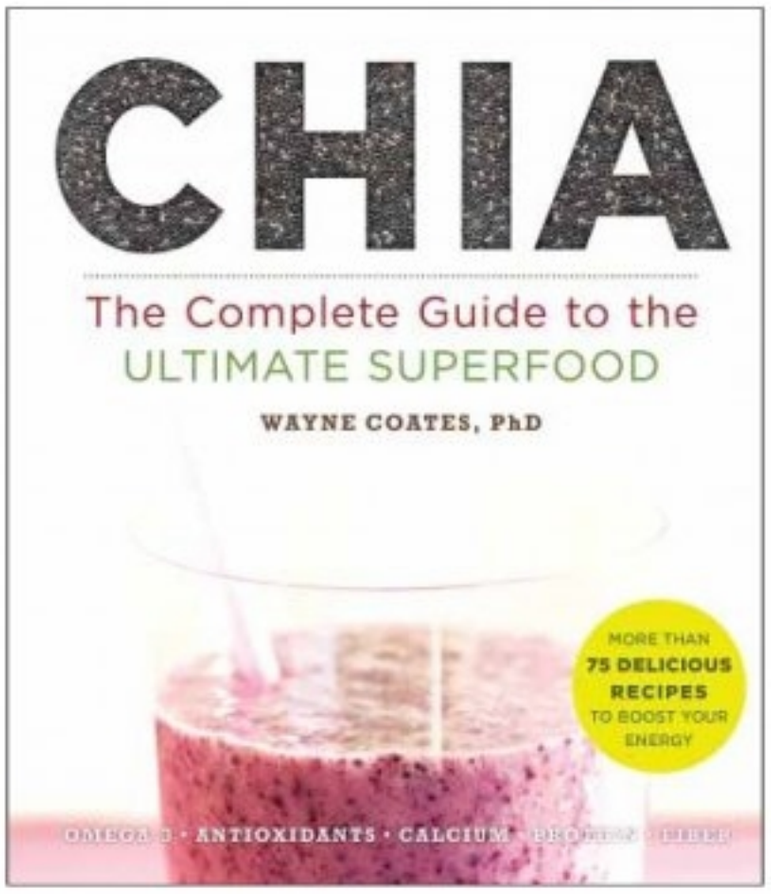
"We saw how good it was, how magical," he says, adding that he saw not only horse hooves grow quicker, but his wife's fingernails, too.

Dr. Coates says he's seen no adverse affects, but advises eating only black or white seeds.

"Brown are immature, they're bad," he says. Immature seeds are likely to have fewer nutrients.

"Obviously I have a vested interest, but we've seen a lot of interesting things. Chia can seriously help the health of this country," Dr. Coates says, "and of the world."

"It lowers cholesterol, reduces inflammation [and] can help weight loss — and diabetics have been able to reduce their medications." DR. COATES



More about chia

- The versatility of chia seeds makes them a great topper for foods like oatmeal and yogurt, says Metro's nutrition consultant, Joy Bauer.
- One possible effect is mental alertness/irritability, so avoid eating them before sleeping.
- To avoid constipation and cramping, drink plenty of water. The seeds absorb liquid from the body.
- You can reconstitute the seeds before eating (dehydrate them and puff them back up when you're ready to use).

LINDA CLARKE
letters@metro.us

See for yourself

1 AZChia's Chiabia are milled seeds, meaning they've been opened so your body can in theory absorb them better. **$8-$10 per lb., www.azchia.com**

2 Health Warrior Chia Bars clock in at 100 calories. **$23.50 for a box of 13, www.healthwarrior.com**

3 Organic Mamma Chia drinks are made with organic chia and fruits. Just watch the calories here — it's like having a glass of fruit juice. **$3.50-$4 a bottle, www.mammachia.com**

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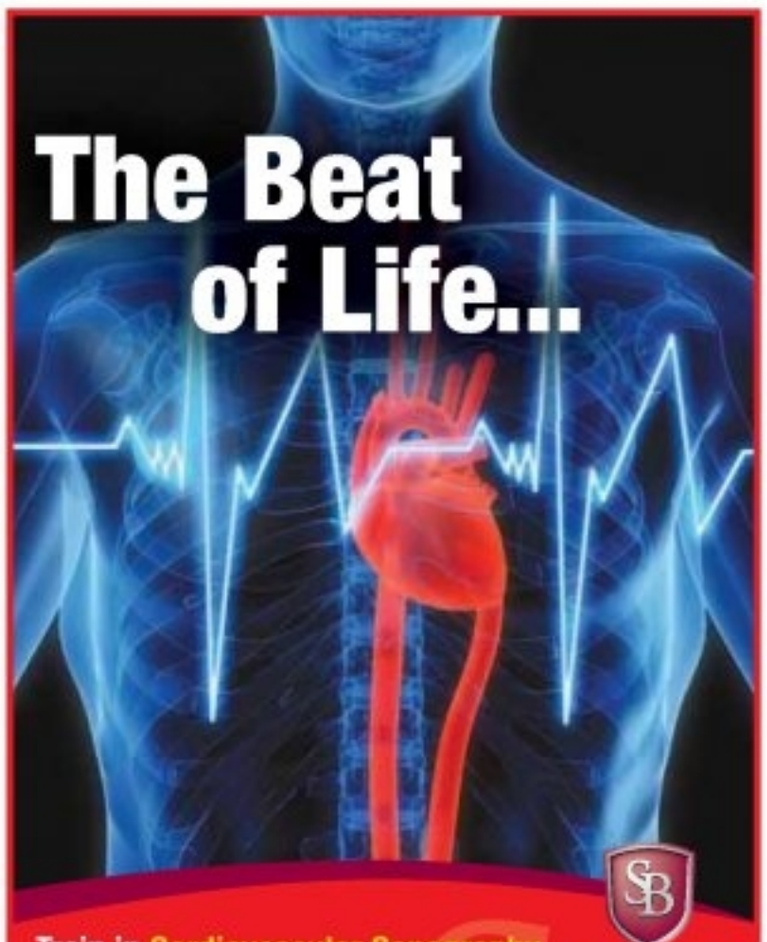
DO YOU TAKE A PRESCRIPTION OPIOID PAIN MEDICATION AND SUFFER FROM CONSTIPATION?

You could be eligible to participate in a clinical research study looking at whether an investigational medication is safe and effective in treating constipation commonly occurring in people taking opioid pain medications like morphine.

You may be eligible to help with this research if you are:
- ages 18-84
- taking at least one opioid pain medication daily,
- experiencing constipation symptoms such as:
  - fewer than three bowel movements per week, hard/lumpy stools, straining, sensation of incomplete bowel movements

To find out more, contact:
MedVadis Research (617) 744-1310



Northeastern
High Tech MBA

The Business of Innovation.

Information Session April 28TH 9:45 a.m.
Visit a class, meet faculty, and enjoy lunch with students.
Register at www.htmba.neu.edu.

Northeastern University

mywellbeing

Joy's healthy bite

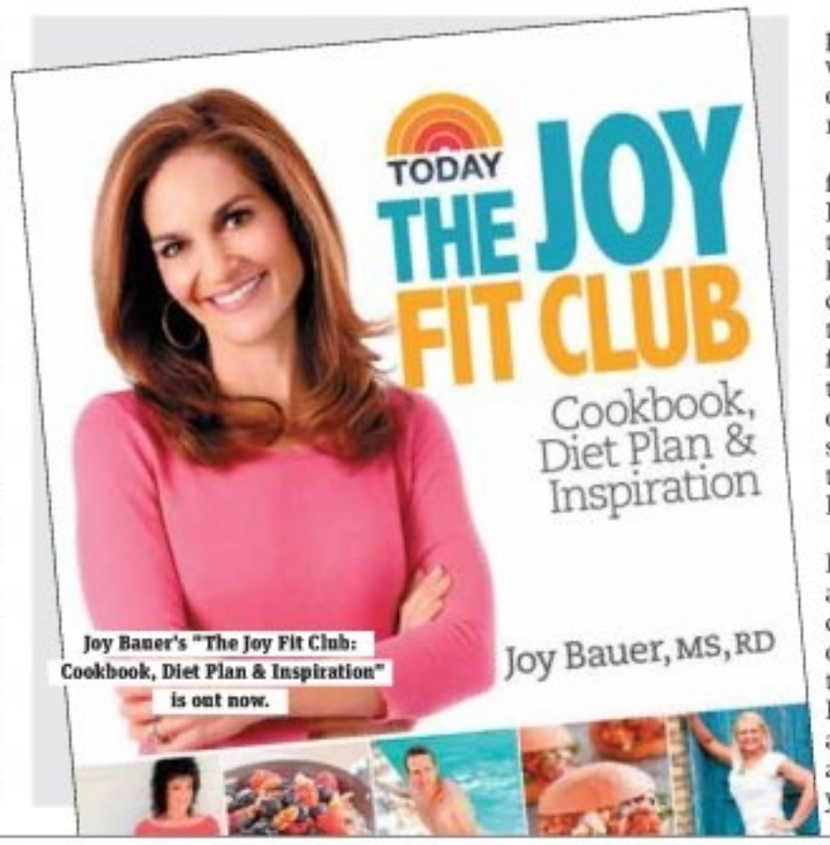
JOY BAUER

WWW.JOYBAUER.COM

Celebrating the weight-loss superstars of 'The Joy Fit Club'

Millions of us face overwhelming challenges with food and weight that seem impossible to overcome. But you can lose weight and keep it off for good. The members of my Joy Fit Club have proven it — and now I'm sharing their inspiring weight loss success stories in my new book, "The Joy Fit Club: Cookbook, Diet Plan & Inspiration."

Four years ago, I launched my club on "The Today Show" to celebrate women and men across the country who have lost more than 100 pounds through diet and exercise alone — no pills, potions or surgeries — and no personal trainers or fancy-schmancy chefs either. They did it the old-fashioned way, by eating the right foods in the right combinations and incorporating a manageable, effective exercise plan. And they did it in a big way: Collectively, the members of the Joy Fit Club have lost nearly 25,000 pounds!



My new book offers powerful encouragement and highlights the unique strategies that have helped countless Joy Fit Club members and personal clients completely transform their lives. In addition, you'll find an easy-to-follow diet plan that maps out what to eat for optimal results, 75 delicious, slimming recipes and all the tools you need to reach your happiest, healthiest weight.

The Joy Fit Club profiles husbands and wives, moms and dads, grandparents and college students from all walks of life who conquered the battle of the bulge triumphantly. Here are some of the commonalities that weave throughout all of their stories. Whether you have five pounds to lose or 500 pounds, these smart strategies can help you follow in their footsteps:

Find your meaningful reason for losing weight

It may seem like an obvious first step, but I have found that the people who are most successful at losing weight are those who have a strong, clear purpose for wanting to make a change. Do some serious soul-searching and identify a significant and lasting source of personal motivation for finally shedding the extra weight.

Set up a tracking system

Monitoring and documenting your progress is a terrific way to celebrate and reinforce positive behavior on a daily basis. Most long-term losers weigh themselves at least weekly and log their calories or food intake to keep their eating in check.

Forgive your slipups

Nobody eats perfectly all the time, and it's fine — totally normal, in fact — to occasionally stray from your plan. The trick is to shake off your mistakes and get right back on track at the next meal or the very next day. Don't let one binge or "off day" spiral out of control into a full week, or month, of splurging. Mastering this one key strategy can help you finally break the cycle of yo-yo dieting.

— For more tips on healthy eating and weight loss strategies that work, follow ***Joy Bauer*** *on Facebook and Twitter (@joybauer) and visit* ***www.joybauer.com.***

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

THE FENWAY INSTITUTE

1

Research empowe RING women in the fight against HIV.

Fenway Health Ansin Building
1340 Boylston Street, Boston, MA 02215

Fenway Health is studying the possibility of preventing HIV using a medicated vaginal ring. We need HIV-negative women 18-40 to help.
VOLUNTEERS WILL BE COMPENSATED UP TO $1,400 FOR THEIR PARTICIPATION

Stand up for LOVE

FACT: 63% of all HIV/AIDS cases in the US are in gay and bisexual men and infection rates are rising among men who have sex with men.

Fenway Health is seeking HIV-negative men who have sex with men to participate in a vaccine trial to determine the safety and effectiveness of an investigational HIV vaccine.

We are seeking volunteers: HIV-negative men, ages 18-50, who have been a top or bottom in the past 6 months. Volunteers receive compensation for their time and travel expenses, as well as confidential HIV counseling and testing.

You cannot get HIV from this investigational HIV vaccine.

2

BOSTON is READY.ORG

GUYS EXPERIENCING LUBE projectgel

3

ARE YOU:
- 18-30 years old?
- A man who has sex with men?
- Willing to be tested for HIV?

IF YOU ENROLL, YOU WILL:
- Be tested for HIV.
- Complete a physical exam, including an anal exam.
- Be asked questions about your medical and sexual history.

You will receive compensation for your participation in this study.

BOSTON GET YOUR HEART ON

VOLUNTEER FOR AN HIV VACCINE STUDY

617.927.6450

THE FENWAY INSTITUTE

Health notes

Free gym passes!

On Tuesday, FITNESS Magazine is giving away free passes to a slew of gyms in the area, like Bally Total Fitness and Boston Sports Club, in celebration of its 20th anniversary. For the full list of participating gyms and to download your free pass, visit, **www.fitnessmagazine.com.**

Train with a pro

Olympic gold medalist Misty May-Treanor is partnering with Arnold, Brownberry and Oroweat Breads, the official bread supplier of the U.S. Olympic Team, to offer a private volleyball lesson for one lucky fan. Interested? All you have to do to enter is submit your own favorite "Slice of Gold" sandwich recipe on the Arnold and Oroweat Facebook page by July 2. Misty herself will choose the winner.

STUART FRANKLIN

▶ In rural sub-Saharan Africa, girls walk more than 10 miles to obtain clean water.

Easy way to do good

You can help residents of Kenya, Mali, Ethiopia, the Democratic Republic of the Congo and Liberia get access to clean drinking water just with a few taps on your iPhone. Text DROP to 85944 on any U.S. mobile phone to automatically donate $5 to the Give A Drop campaign, a partnership between Jewel's Project Clean Water charity, VOSS Artesian Water from Norway and Virgin Unite to help create access to clean water across Africa. You can also donate at **www.thevossfoundation.org.**

Get sponsored by Under Armour

Ladies, think you've got what it takes to get sponsored for your athletic skills? Under Armour's new "What's Beautiful" campaign wants to see what you can do. Hit up **http://whatsbeautiful.ua.com**, make a fitness goal and track your progress for a shot at a one-year sponsorship by the brand, which comes with an invitation to special events, expert nutrition and fitness coaching and lots of UA swag. Under Armour will test participants with a series of 19 challenges in a nine-week period, so get ready to prove yourself!

METRO/ME

Protein and Testosterone Research Study
For Men 65 and Older

You may be eligible to participate in a research study evaluating the effect of testosterone and a high protein diet on muscle strength and function.

If you qualify and participate, you will receive:

- Physical exam, blood tests and EKGs throughout the study
- 3 meals per day for 6 months prepared by nutrition experts
- Screening for diabetes and prostate problems

Compensation of up to $500 is provided

BOSTON MEDICAL CENTER
EXCEPTIONAL CARE. WITHOUT EXCEPTION.

For more information please call:
617-414-1887
or visit www.androtrials.org/Studies

GOT AN OPINION?
WRITE TO US AT
LETTERS@METRO.US

Are you a male 26 years old or older?

Do you have problems with EJACULATION (release of semen)?

You may qualify for a study at Boston Medical Center looking at the effects of an investigational medication on ejaculation. **YOU MAY QUALIFY IF:**

1. You are unable to ejaculate (cum)
2. It takes you a longer time to ejaculate
3. You experience decreased force of ejaculation
4. You think your semen volume is low

Financial compensation up to $559 is provided.

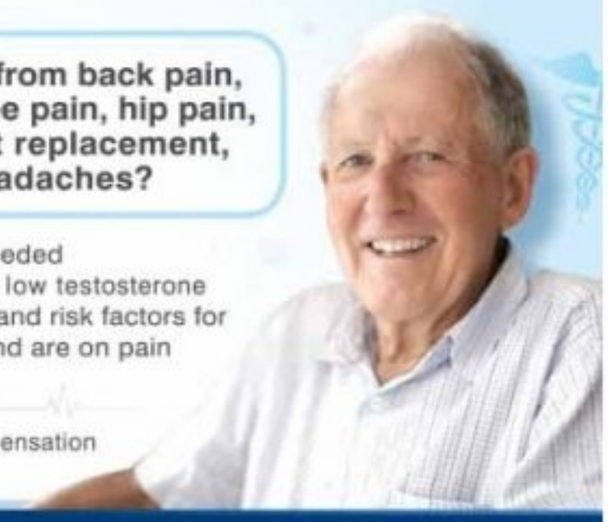
BOSTON MEDICAL CENTER
EXCEPTIONAL CARE. WITHOUT EXCEPTION.

For more information please call: **617-414-2975** Or visit our website: **www.androtrials.org**

ARE YOU 60 YEARS OLD OR OLDER?

Do you suffer from back pain, neck pain, knee pain, hip pain, pain from joint replacement, arthritis or headaches?

Men who are 60 years and older are needed for a two visit study evaluating effects of low testosterone on body fat, muscle, physical function and risk factors for heart disease. If you suffer from pain and are on pain medications you may qualify.



BOSTON MEDICAL CENTER
EXCEPTIONAL CARE. WITHOUT EXCEPTION.

Financial compensation provided.

Call: (617) 414-2936 | www.androtrials.org

spec

LOSE WEIGHT GET PAID

SimplePure HCG is paying you by the pound!

SimplePure Nutrition is looking for participants in their ground breaking HCG weight loss program. HCG is a chemical produced by the human body that helps use fat more efficiently. Until recently, HCG was only available by injection from a medical professional. Now with its advanced liquid formula, SimplePure Nutrition has made it available in easy to use sublingual drops. Simply put the drops under your tongue and you'll start to experience weight loss of up to 1-2 lbs per day and get paid for it!*

GET PAID TO LOSE WEIGHT

Space is limited in the Pay Per Pound program so call now. To participate in the Pay Per Pound program, you must be 18 years of age or older. The first 100 eligible callers will be accepted into the program so hurry while supplies last.

LOSE WEIGHT, BUILD MUSCLE, EARN CASH!

- Rapid weight loss of up to 2 lbs per day!
- No injections or pills to take
- Targets fat loss in problem areas

For More Information Call Toll Free
1-888-596-1950

Please consult with your physician before taking any nutritional supplements. If you are on any medications, check with your doctor regarding dosage adjustments. Individual results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

myletters&games

Letters

letters@metro.us

Is it designed to marginalize us?

RE: "WHAT WOULD HAPPEN IF MORE COULD VOTE?": Americans seemingly aren't ready for mandatory health care, but how about mandatory voting? That's the way they do it in Australia. (You pay a $20 to $50 fine if you don't vote!) The result: 95 percent voter turnout and politicians that campaign to address the needs of the masses rather than desires of the lunatic fringe. Let's try that. **WALTER BLAKE, VIA E-MAIL**

Mr. Jenkins, I wholeheartedly agree with you that "we should end the electoral college." It is an obsolete procedure. In the 18th Century, America was largely rural and most people were farmers who knew little about politics. In this climate, a direct election of the president would probably have been difficult in any case. In the early days of the nation, electors were chosen due to their wisdom and knowledge of politics, not due to their preference for any particular candidate. However, things have changed. Everyone has access to news and can learn what the candidates' platforms are. Also, today's electors are prone to be biased to one party or the other. Since they can vote for anyone they want, they don't necessarily have to vote for the person that the majority of their state voted for. Just think: If there had been no electoral college in 2000, we wouldn't have had a $10 trillion deficit, because we wouldn't have been involved in two unfunded wars that resulted in the deaths of more than 6,000 American men and women. Our economy would be in a much better place. **BARB MILUSKI, VIA E-MAIL**

"What is Romney proposing for the middle class?"

RE: "ROMNEY NO BETTER, BUT BOTH ARE BAD": You're stating that President Obama isn't helping the lower-middle class? What about ObamaCare? How many rich people need to worry about getting sick and going to the hospital? What is Romney proposing for the middle class like me and so many people like me? I'm not claiming that President Obama is the "ideal" image of what a president is — but when the people have the choice between Obama and Romney, you won't see a lot of people voting for Romney in November while they're worrying about what will happen to their health insurance. **SEHRISH SULTAN, VIA E-MAIL**

At the risk of becoming very technical, Kelly Donnoe is full of it! What's being described is monetary policy, not economics. The purchasing power of money is not set by the federal government, but by the prices found in the marketplace. So printing up more money doesn't automatically change its value. **JOSEPH CONNELL, VIA E-MAIL**

Crying fowl?! What a turkey!

RE: "CAN WE WAIT?": In Brayden Simms' piece on Romney, he writes that Romney may carry "even a majority of those who have been crying fowl for months over his allegedly moderate credentials." I guess he is referring to those who consider Romney to be chicken? Or maybe a turkey? In any case, that's a foul English error. **JOHN BONAVIA, NEEDHAM**

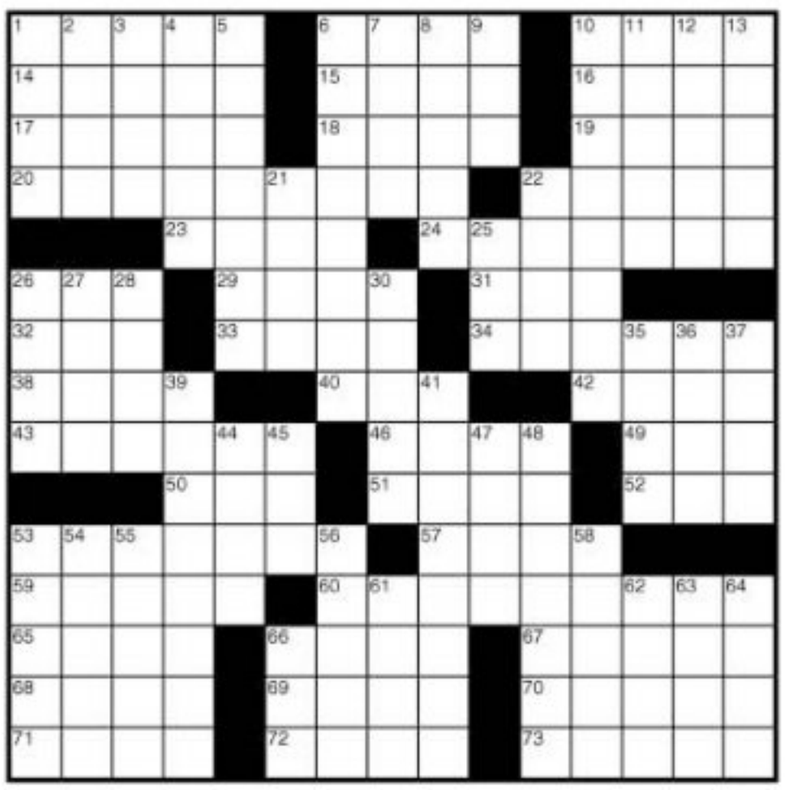
E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♉ Taurus **April 20-May 20.** Even if the price is a bit more than you wanted to spend, now's the time to acquire that special item for which you've long been searching. It isn't likely you'll find anything close to it again.
♊ Gemini **May 21-June 20.** The types of activities that you're likely to find enjoyable are those you can share with good friends and/or family.
♋ Cancer **June 21-July 22.** Being both methodical and purposeful will serve you well, making you far more adept at handling your career or domestic responsibilities. Spend your time accomplishing a difficult task and you'll come out ahead.
♌ Leo **July 23-Aug. 22.** It's to your advantage to spend some time with friends who are more ambitious than frivolous. Even at play, they'll be looking for good opportunities.
♍ Virgo **Aug. 23-Sept. 22.** One of your most valuable assets is the ability to turn meager beginnings into substantial products. You can easily take the crumbs that others leave behind and turn them into full, crusty loaves.
♎ Libra **Sept. 23-Oct. 23.** The reason you're able to make an arduous task look so simple is your store of valuable past experience from which to draw. The more you learn, the easier life gets.
♏ Scorpio **Oct. 24-Nov. 22.** Don't deliberately put yourself in a position of having to take on a job you've never done before. But by the same token, don't panic if you are forced into such a thing. Seek out an expert who can offer guidance.
♐ Sagittarius **Nov. 23-Dec. 21.** Your ability for figuring out the basic motivation of certain friends could be remarkably accurate and will serve you well. Keep what you learn to yourself, however.
♑ Capricorn **Dec. 22-Jan. 19.** Because of your impressive input, trends and conditions tend to favor you. Continue to devote significant effort toward the achievement of worthy objectives.
♒ Aquarius **Jan. 20-Feb. 19.** Conduct yourself with tolerance and consideration for the frailties of others, especially if you're in an authoritative position.
♓ Pisces **Feb. 20-March 20.** You could benefit in some manner from a source that you normally think of as being merely a backup. It will prove to be not only a substitute, but also a saving grace.
♈ Aries **March 21-April 19.** Your friends and associates will know that you say what you mean and that you can be counted upon to come through for them, even if it ends up inconveniencing you in some manner. **BERNICE BEDE OSOL**

Across
1 Cavalry sword
6 Did batik
10 "Thin Man" terrier
14 Language from which "pajamas" came
15 Scream and shout
16 Dog-paddle
17 "Henry & June" character
18 Bullpen stats
19 Roman historian
20 Swamp hazard
22 Macho type (hyph.)
23 Neck and neck
24 "Late In The __" (Paul Simon tune)
26 Pea soup
29 Mr. Clapton
31 Big bankroll
32 It may be fragile
33 Sari sporter
34 Dirty politics
38 Space lead-in
40 Mdse.
42 Carpe __!
43 Smelled terrible
46 Term paper abbr. (2 wds.)
49 Go on the __
50 __ de coeur
51 Clever ploy
52 Furtive
53 Compunction
57 Fall fruit
59 Bradley and Sharif
60 Ironman event
65 Rain cats and dogs
66 Actor __ Everett
67 Deli sandwich
68 Sicilian spouter
69 Leave the dock
70 __ nous
71 Merger or buyout
72 Devine or Warhol
73 Turn back the clock



Down
1 Hoops nickname
2 Japanese aborigine
3 __ B'rith
4 Royal decree
5 Not as safe
6 Shrinking from
7 Kitten's toy
8 Circumvent
9 __ Plaines, Ill.
10 Neared the summit
11 Turbaned seer
12 Powerful one
13 In-between
21 Buona __
22 Get healthy again
25 Road "beetles"
26 Cold feet
27 Ess molding
28 Horror-flick staple
30 Apple product
35 Runs a fever
36 Enthusiasm, plus
37 Tube trophy
39 Gunfight site (2 wds.)
41 Brainlessly
44 Goofs up
45 Put down, slangily
47 Leave the dock
48 Tanned hide
53 Wielded a lasso
54 Overact
55 __ Kea volcano
56 Fictional Frome
58 Geneva's river
61 Foray
62 Back muscles
63 Grimm villain
64 Moscow turndown
66 R.E. Lee's side

5				3		1		8
		3	7					5
				8	2	7	3	
				1		5	9	
	4						7	
	8	5		6				
	5	8	1	2				
3					5	4		
6		2		9				1

SUDOKU **LEVEL: EASY**

	2				8			
4			7		6			2
3			1			9		
	1	3		7		5	6	
	7						2	
	4	9		6		3	7	
		8			4			5
9			6		7			8
			2				9	

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

L	I	E	U	■	S	P	E	E	D	■	D	O	L	T
I	C	O	N	■	E	A	G	L	E	■	E	L	I	A
Z	I	N	C	■	X	R	A	Y	V	I	S	I	O	N
■	■	■	O	P	T	E	D	■	O	N	I	O	N	S
■	C	A	V	I	A	R	■	M	T	N	S	■	■	■
C	A	R	E	E	N	■	R	A	E	■	T	B	S	P
A	G	A	R	■	T	H	O	L	E	■	S	U	M	O
D	E	F	■	■	A	W	L	■	■	N	I	L	■	■
G	R	A	M	■	P	R	E	S	S	■	O	G	L	E
E	S	T	A	■	L	E	D	■	P	U	R	E	E	D
■	■	R	O	A	M	■	T	A	P	P	E	D	■	■
A	T	K	I	N	S	■	P	E	R	C	H	■	■	■
H	A	I	L	S	T	O	R	M	S	■	A	N	N	E
A	R	T	Y	■	E	L	O	P	E	■	N	E	W	T
B	E	E	N	■	R	E	F	E	R	■	S	A	T	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: **WWW.METRO.US/PUZZLES**

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WALK IT OFF!

Did you know that walking benefits both your mind and body? In addition to helping you stay at a healthy weight, walking just thirty minutes a day can lower your stress level. It can also raise your spirits and your energy! And, because walking is low-impact – which means it isn't hard on your body – the risk of getting hurt is low. So, almost anyone can walk daily, and walking is a great low-cost way to spend time with friends and family.

RESULTS WITHIN WEEKS

Walking for at least thirty minutes a day – that's about 1.5 to 2 miles, depending on your speed – is great for your heart and your waist. Within weeks, you'll notice your clothes fit better, and you may lose weight. It's easy to get started – add walking into your day by:

- Walking instead of driving to the place where you are going
- Parking the car further from the door of your apartment, home or office building
- If you take the bus or train to your home or work, getting off a stop earlier
- Taking the stairs instead of the elevator, or using the restroom on another floor.

STEP IT UP FOR YOUR FAVORITE CAUSE

At BMC HealthNet Plan, we also recognize that while it feels great to take care of yourself, it feels even better when you join a friend for a walk, run, or bike ride that supports a local cause. So, to help you with your efforts to get and stay well this spring while generating awareness and funds for your favorite charity, we've created the "Healthy Activities" resource section within our online Wellness Center, in the Living Healthy section at ChooseBMCHP.com. You'll also find flyers there on how to Walk Wisely and Why You Should Walk it Off!

WHY SPRING IS THE IDEAL WALKING SEASON

- It's not too hot, and not too cold
- Spring flowers!
- Gets you started on healthy behaviors you can keep going all year
- Lots of great Boston area local walks – like Project Bread's Walk for Hunger on May 6 and the March of Dimes March for Babies on May 12.

Contact BMC HealthNet Plan at 800-792-4355 or on the Web. For all your MassHealth health plan options, call 800-841-2900, M - F, 8 a.m. - 5 p.m. (TTY: 800-497-4648).

Communicating with your doctor's office has never been easier!

Cambridge Health Alliance

Your health is important around the clock - not just during office hours. That's why Cambridge Health Alliance has developed the new MyCHArt patient portal, which connects you to your medical team 24-hours a day.

MyCHArt is a secure internet connection to your doctor's office and your medical records. When you log in, you can contact us for non-urgent medical matters and review your health information, on your schedule. Managing your health, and the health of your young children, has never been easier.

What you can do with MyCHArt?

• Send secure messages to your, or your child's, healthcare team

Do you ever have a non-urgent health question you want to ask your doctor or medical team? By using MyCHArt, you can log in, select the "send a message button" and write your team a brief note. And within a day or two, you will receive an answer.

• View upcoming or scheduled appointments

Did you forget to write down the date and time of your next appointment? Instead of calling the clinic, you can log on to MyCHArt, select "appointments," and get a list of past and future appointments. It's also easy to change or make a new appointment. Just click "request a new appointment" and you can write us a note and request a time that works for you.

• Request prescription refills

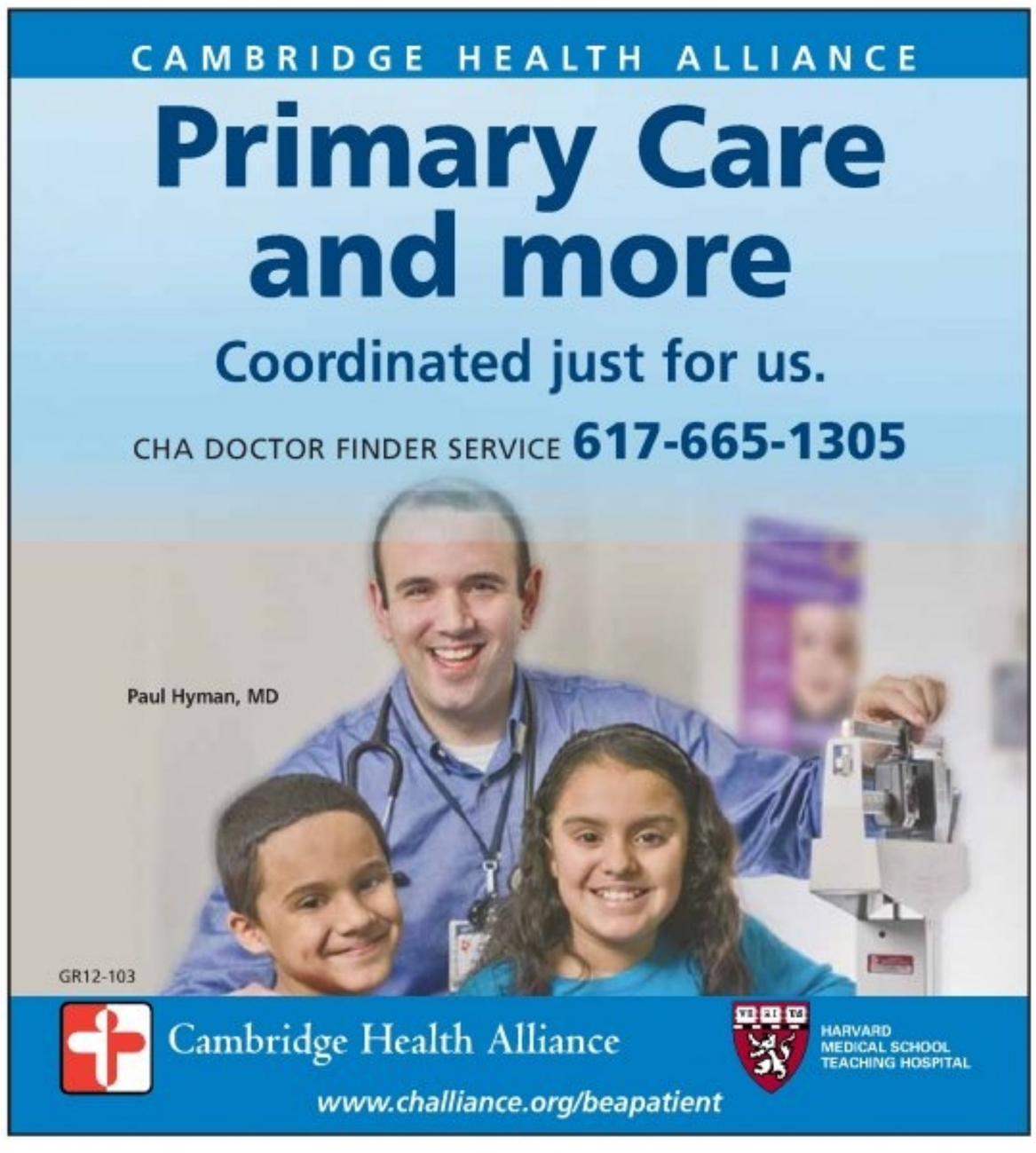
Refills are now just one click away – no need to stop by the clinic or make a phone call during your busy day. Visit the "message center" and select "prescription renewal". Just click on the medication you need to refill and the information will be sent electronically to your doctor's office.

• Get a copy of your medical records

Remember when you had to complete a form by hand and submit it in person to get your medical records? Now with MyCHArt, you just have to click on "download summary" to get a personal copy of your medications, allergies, immunizations, and lab results. You can save this information directly on your computer so you will always have it available.

Become a CHA patient today.

We want to make it easy for you to communicate with your doctor's office – and also to become a Cambridge Health Alliance patient. To get connected to Primary Care at one of our 15 Boston-area locations, just call the CHA Doctor Finder Service at **617-665-1305**. You can also visit www.challiance.org/beapatient.



Astigmatism Correction Now Available
Am I a candidate?

If you have been considering vision correction and were discouraged because you were told you have astigmatism and your correction was not treatable with LASIK, New England Eye Center has fantastic news for you. Not only can we treat Astigmatism with the iLASIK™ procedure, the cornea trained physicians at New England Eye Center now offer the most advanced procedures available to treat a variety of vision correction disorders.

What is astigmatism?

Astigmatism is a condition where vision is blurred by asymmetric steepening of the cornea or crystalline lens. Patients with astigmatism may not only notice blurring of vision at both distance and near, but can also note shadowing or ghosting of images as well. These vision symptoms are caused when light entering the eye is refracted or bent to multiple points in the eye, resulting in an out of focus image. Astigmatism is very common, and occurs in about 1 in 3 people.

Astigmatism can be easily corrected by contact lenses or eyeglasses. However, if glasses or contacts are troublesome, or not tolerated, there is another option. New England Eye Center offers many alternatives to glasses and contacts for the correction of all types of refractive error, including astigmatism. Custom LASIK and PRK are available not only for near and far sightedness, but for the correction of astigmatism as well. For cataract patients, astigmatism can be either treated with incisions made during cataract surgery, or with implantation of advanced lens technology.

Why should I have my Astigmatism treated with a surgical alternative to contacts and glasses?

If left uncorrected Astigmatism can cause eye strain, headaches and difficulties in everyday tasks from reading to working to outdoor activities. While glasses and many contact lenses are on the market to effectively correct astigmatism, if you are uncomfortable in either, it is important for you to know you have options. While glasses are your safest alternative, many people either are not able to tolerate their entire astigmatism correction in eyeglasses, or do not achieve the clear vision they desire or need for everyday living. Contact lenses, worn and cared for properly are a wonderful alternative to glasses. However, contact lenses are not without risks, and are not well tolerated by everyone. Many people are contact lens intolerant, whether due to underlying dry eye, reaction to contact lens solutions, or corneal inflammation or infections due to contact lens wear. For these patients, contact lenses are no longer an option and eyeglasses do not allow for functioning at the highest level.

What other procedures are available to me to correct my vision?

The physicians at New England Eye Center routinely perform LASIK and PRK, however there are lens procedures for patients which can also provide freedom from contacts and glasses. The Visian implantable collamer lens, which has the added benefit of being removable, can treat a wide variety of patients who are nearsighted and it is also a wonderful alternative for patients with dry eye issues or people who do not qualify for LASIK. For patients who have added reading glasses to their vision correction needs, many options are available, including monovision and conductive keratoplasty. For patients with a cataract, intraocular lenses are available that offer improved freedom from glasses at distance, intermediate, and near vision. These include the Crystalens accommodating lens, as well as the Restor and Tecnis multifocal lenses. For our cataract patients with astigmatism, Toric intraocular lenses can be implanted to neutralize their astigmatism.

When you are ready to call us, New England Eye Center will be honored to be your vision care provider. Call 1-888-515-2745 or 1-617-636-7800 or visit us at www.mylasikdoc.com to book a complimentary screening or request an informational package.

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Confronting Health Care Disparities Head-On

The words "health disparity" are not ones we often see or use a lot. Health disparities are gaps in how health care is received. These gaps are not due to clinical needs or patient choices.[1] These gaps exist in the quality of health care received across racial, ethnic, sexual orientation, and socio-economic groups. [2] In the United States, health disparities are well documented in minority populations such as:

- African Americans
- Native Americans
- Asian Americans
- Latinos.[3]

Research shows these groups have higher cases of chronic diseases, higher mortality, and poorer health outcomes. Examples of racial and ethnic health disparities have been shown in receiving:

- flu vaccinations
- treatment of chest pain
- referral to cardiac specialist care
- lung cancer surgery
- renal transplantation
- treatment of HIV/AIDS
- pain management

Boston-based Neighborhood Health Plan (NHP), a not-for-profit managed care organization serving over 220,000 members, is a national leader in health care disparity research among health plans. We see first-hand how health care disparities affect those economically disadvantaged and/or physically disabled —specifically with regard to preventive care services.

We set about addressing health care disparities by reviewing the diverse make-up of our membership. Through our research we discovered health care gaps where preventive measures and screenings in health care were not received.

We then began developing strategies to address these gaps in health care for our members and to positively influence the communities where our members live. This is accomplished through partnerships we have with Community Health Centers throughout the state, as well as through integrated communications outreach into communities where we know there is a higher instance or likelihood of gaps existing.

For example, in 2009, we identified two distinct opportunities where we can make a difference:

1. We discovered that Latino members were not receiving the needed care to properly manage their diabetes.
2. We discovered that Black and African-American women were not receiving annual mammograms.

Both of these scenarios can lead to poorer health outcomes, up to and including early death.

What can you do to help you and your family get the health care you need? It's important to talk with your physician about your long term health and what preventive care you and your family should take.

1 Institute of Medicine (2003)
2 U.S. Department of Health and Human Services (HHS).
3 Goldberg, J., Hayes, W., and Huntley, J. "Understanding Health Disparities." Health Policy Institute of Ohio (November 2004)..

A SPECIAL NOTE ABOUT HIGH BLOOD PRESSURE AND DIABETES

Higher rates of obesity and diabetes place African-Americans at a greater risk for high blood pressure. Having your blood pressure checked regularly and taking action to reach your blood pressure target can prevent or delay diabetes-related problems.

Both diabetes and high blood pressure increases your risk of heart attack, stroke, and eye and kidney disease. The American Diabetes Association (ADA) and the National Institutes of Health recommend a target blood pressure of less than 130/80 mmHg for people with diabetes. When you keep your blood pressure below 130/80 mmHg, you'll be lowering your risk for diabetes problems.

Lifestyle changes can help control your blood pressure as well as your blood glucose and blood lipids (cholesterol) levels. If you need more information about how to make changes, talk with your health care provider.

I take care of my diabetes and blood pressure…

so I feel well enough to enjoy my life.

I know if I take care of my diabetes and blood pressure, I have a better chance of feeling well and being able to enjoy my life. So I eat right, exercise moderately, and take my medications. Taking care of myself is easy compared to what I could face if I don't—complications like kidney failure, heart attack, and stroke. Talk to your health care provider to find out how to live well with your diabetes.

Learn more at www.nhp.org/diabetes

nhp.org

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Fighting disparities in cancer: Community education, outreach, and support

Cancer affects everyone, but it is not borne equally by all communities.

As the second leading cause of death in the U.S., over 1,500,000 new cases and approximately 570,000 deaths from cancer were projected for 2012. Within these numbers minorities suffer the greatest burden of cancer for each of the most common types of cancer. For all cancers combined, the death rate is almost 25% higher for minorities than for whites.

The National Cancer Institute (NCI) defines cancer health disparities as "differences in the incidence, prevalence, cancer death and survivorship, and burden of cancer and related adverse health conditions that exist among specific population groups in the United States."

The causes of cancer disparities are complex. Some, like access to health care and socioeconomic status, may seem obvious, while others, like the presence of people of color enrolled in clinical trials or employed in research labs and clinical programs, are less so. In response Dana-Farber Cancer Institute works to address cancer disparities among its patients and within the community. Dana-Farber's board of trustees adopted a formal community benefits mission that focuses on three broad areas:

- ensuring that patients from diverse backgrounds receive equitable care at Dana-Farber
- establishing evidence-based and sustainable programs in cancer prevention targeting at-risk and underserved populations
- sharing expertise with community partners, public health agencies, and other organizations that have cancer as a priority

To that end, the Community Benefits office, led by Magnolia Contreras and Elizabeth Gonzalez Suarez, are on the front lines developing programs to increase cancer prevention, screening, and early detection; and strengthening the support system for medically underserved populations.

Left to Right: Dana-Farber bilingual Patient Navigators Rina Bernardez and Nancy Peña

Through its Mobile Health Program, which includes Dana-Farber's Mammography Van and its Blum Resource Van, Dana-Farber travels the streets of Boston providing cancer screenings and prevention education in breast, skin, prostate cancers and tobacco. Dana-Farber also has implemented a patient navigator program which assists patients with barriers of language, lack of insurance, transportation, child care concerns, and the fear of the unknown. The navigators assist patients with overcoming those barriers so they may access treatment and services more quickly to reduce the disruption in cancer care and treatment.

Another way Dana-Farber addresses the disparities is through partnerships. After more than a decade of partnering with Whittier Street Health Center on early detection and survivorship efforts, Dana- Farber opened a cancer clinic at the health center's brand-new Tremont Street building in January 2012. The Dana-Farber Community Cancer Care Clinic at Whittier Street Health Center in Roxbury, features six exam rooms, large consult and meeting areas, and a patient resource room. It is believed to be the country's first dedicated oncology space in an inner-city health center.

For more information visit www.dana-farber.org.

DANA-FARBER/HARVARD CANCER CENTER

Initiative to Eliminate Cancer Disparities
2012 National Minority Cancer Awareness

April 25 12:00 – 1:00pm
Ethnic Cooking - Tara Mardigan, RD
Hope Lodge
161 S Huntington Ave, Boston, MA

April 27 12:00 – 1:00pm
Boston Organics - Differences between organic vs conventional produce
Amy Levine
The Historic Charles Street AME Church
551 Warren Street, Roxbury, MA 02121

April 28 9:00 – 12:00pm
Walking for Wellness the Faith-Based Way
Kick-Off
Trustees of Reservations - Bradley Estates
Canton, MA

May 2 12:00-1:00pm
Clinical Trials – Mark Kennedy
Roxbury Comprehensive Health Center
435 Warren Street, Roxbury, MA

May 21 11:00am – 1:00pm
Clinical Trials – Mark Kennedy
Seniors on the Move
Roxbury YMCA
285 Martin Luther King Boulevard
Roxbury, MA

All Programs are open to the public
For any additional information, please contact Athene Wilson Glover
617.632.4860

Dana-Farber's *Mammography Van*

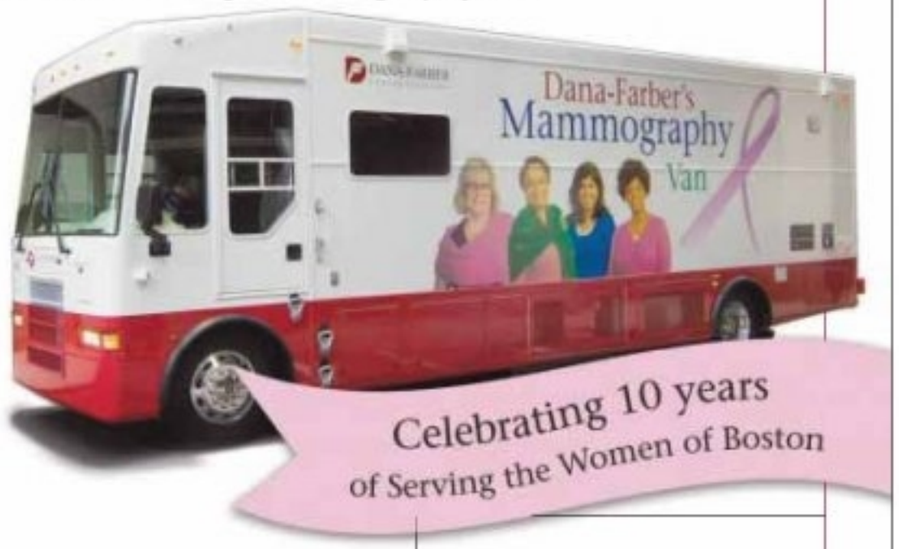
May 2012	Site
Tuesday 1	Whittier Street Health Center
Wednesday 2	Roxbury Comprehensive
Tuesday 8	Martha Eliot Health Center
Wednesday 9	Bowdoin Street Health Center
Thursday 10	Neponset Health Center
Tuesday 15	Bowdoin Street Health Center
Wednesday 16	Joseph Smith Community Health Center – Waltham
Thursday 17	Mattapan Community Health Center
Tuesday 22	Brockton Neighborhood Health Center
Wednesday 23	The Dimock Center
Thursday 24	Fenway Health Center
Tuesday 29	Joseph Smith Community Health Center – Allston
Wednesday 30	Manet Community Health Center – Snug Harbor
Thursday 31	Mattapan Community Health Center

June 2012	Site
Tuesday 5	Whittier Street Health Center
Wednesday 6	The Dimock Center
Friday 8	South End Community Health Center
Tuesday 12	Bowdoin Street Health Center
Wednesday 13	Joseph Smith Community Health Center – Waltham
Thursday 14	Southern Jamaica Plain Health Center
Tuesday 19	Martha Eliot Health Center
Wednesday 20	Geiger Gibson Community Health Center
Tuesday 26	Bowdoin Street Health Center
Wednesday 27	Joseph Smith Community Health Center – Allston
Thursday 28	Mattapan Community Health Center

Dana-Farber's Mammography Van will bring state-of-the-art breast cancer screening to the women of Greater Boston.

To learn more or schedule an appointment, please call **617-632-1974**.
Visit us on the Web at ***www.dana-farber.org/mammographyvan***.

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.



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Prostate Cancer 2012: Facts & Figures

- Prostate cancer is diagnosed every 2 1⁄4 minutes – representing 33% of all new cancer cases in American men. It represents more new cases than any other cancer.
- One in six American men is at lifetime risk of prostate cancer. If a close relative has prostate cancer, a man's risk more than doubles.
- African-American men have the highest prostate cancer incidence and mortality rates in the world. One in five African-American men is at lifetime risk of prostate cancer. Approximately 35,000 African-American men will be diagnosed this year. It is the second-leading cause of cancer death in African-American men.
- Prostate cancer accounts for about 10% of cancer-related deaths in men
- Prostate cancer accounts for more than 17% of new cancer cases in the US, yet only 7% of cancer research dollars have been devoted to beating the disease.
- Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer
- Almost 100% of men diagnosed with prostate cancer are still alive in 5 years (not including those who died from other causes). Over 90% of prostate cancer cases are found while the cancer is still either local or regional.

Statistics from the American Cancer Society and ZERO, the Project to End Prostate Cancer

Through its annual symposium, the Massachusetts Prostate Cancer Coalition provides attendees access to presentations by the foremost prostate cancer doctors and health care professionals in the field at no cost. Please plan to attend, Friday, May 18, 2012, 8:30am - 2:00pm, Marriott Newton Hotel. To register call 617-482-3044 or go to www.masspcc.org.

If you are newly diagnosed, a survivor, or at risk ... don't miss this event!

15TH ANNUAL MASSACHUSETTS PROSTATE CANCER SYMPOSIUM

Friday, May 18, 2012

8:30 a.m. to 2:00 p.m., Marriott Newton Hotel

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A once-a-year event — leading prostate cancer specialists provide up-to-date information on the latest in prostate cancer treatment and research — in user-friendly language!

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3

In the news

Worldwide Wes

Wes Welker joined ESPN Boston radio yesterday and touched on a variety of subjects, including his contract status and whether or not he holds a grudge against Tom Brady's wife, Gisele Bundchen after her post-Super Bowl comments.

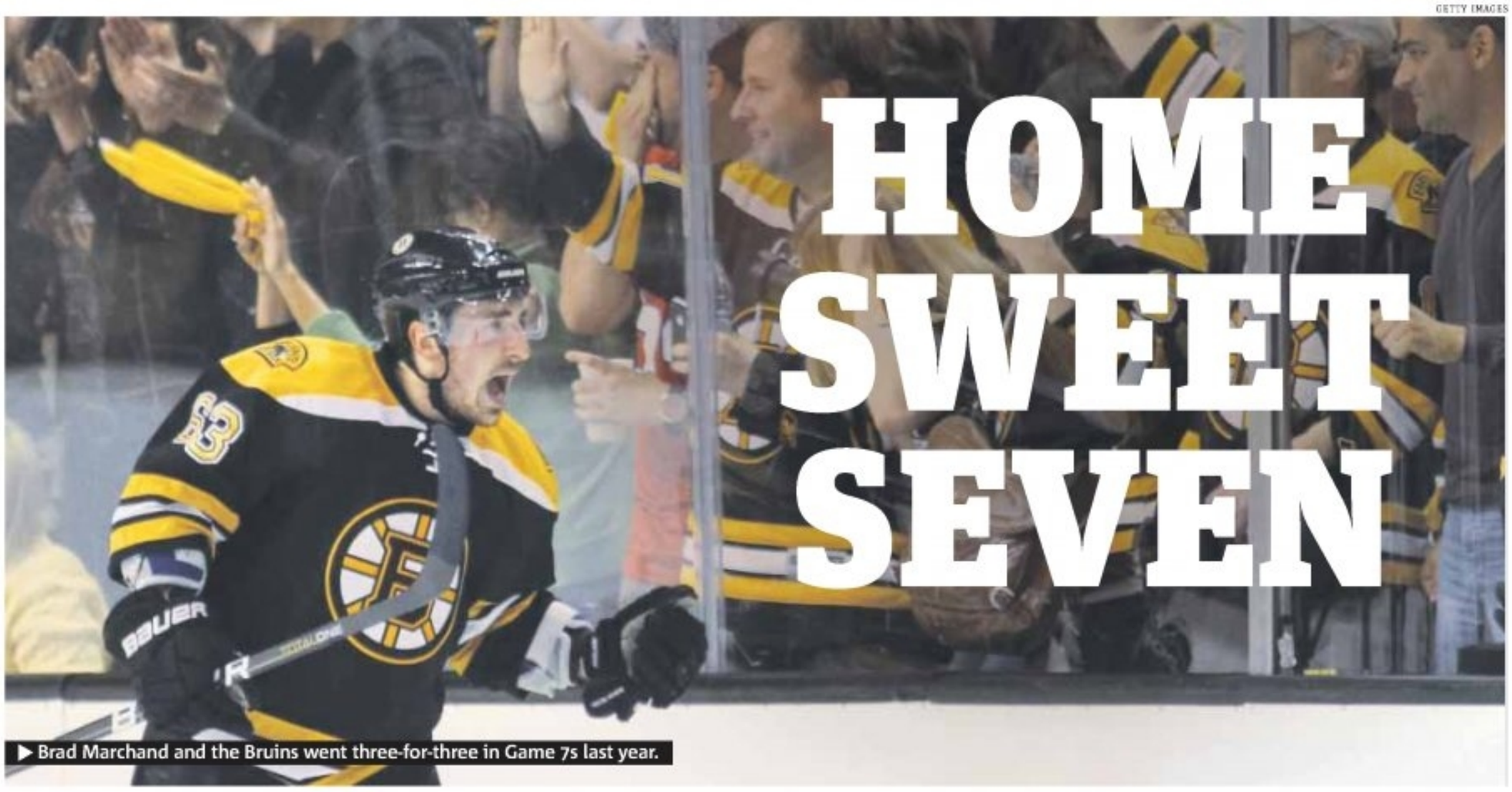
"Through my body of work, through the past five years, I think what I've done, I've earned a long-term deal," Welker said.

The 31-year-old said he hasn't spoken with the Patriots since having the franchise tag placed on him in March.

As for Gisele, Welker said, "We joked about it and stuff. We know how she is and we get along very well. It's all good."

In last 10 playoff series' Bruins have played in seven Game 7s
Banged up Bergeron will play Winner take all tonight at Garden (7:30, NESN)

GETTY IMAGES



HOME SWEET SEVEN

▶ Brad Marchand and the Bruins went three-for-three in Game 7s last year.

The Bruins in a Game 7? What else did you expect?

Since forcing Game 7 against the Canadiens in the 2008 first round, after the wildest postseason game the new Garden has ever seen, the Bruins will play in their seventh Game 7 tonight out of their past 10 playoff series, and fifth in the past six. How will Game 7 No. 7 go tonight at the Garden? Here are three keys for the Bruins tonight:

Old man and the crease

Not to go all Luongo here, but if Tim Thomas had come out of the crease any further on Sunday, the Bruins would have been called for offsides. Look, Thomas doesn't need to be told how to approach a Game 7, especially after pitching two shutouts in the Bruins' first two 7s last year, then winning the biggest Game 7 of them all. But, please, Tim, take it easy on our hearts and stay just a wee bit closer to home tonight. At the other end, can Braden Holtby keep up his 1986 Patrick Roy/1994 Martin Brodeur imitation, as rookies who stood on their heads in the postseason? In a series where every game has been decided by one goal, the first mistake by either goaltender will probably be the last of 2012.

Turn Tyler's Power Up

Tyler Seguin came to life in Game 6, saving his first goal of the postseason for the perfect time, scoring the overtime game-winner. Beyond his golden goal, Seguin's young speedy legs were a factor for much of the game, and he could be a difference-maker tonight — if Claude Julien lets him. If the Bruins can get over their fear of Seguin allowing a short-handed goal, he could make a real contribution to a power play that still needs a boost.

Quoted

"In Game 7 anything can happen. It's usually a lucky bounce [or] a minor mistake that can decide the game so we have to be prepared to play our best game yet in the series."

BRUINS CENTER BRAD MARCHAND ON TONIGHT'S GAME 7

Shut up and play

The officiating in this series – and throughout the league – has been spotty, at best, during these playoffs. The Bruins cannot let it bother them tonight, and that means not trying to embellish a call, as Brad Marchand appeared to do on Washington's game-tying goal in Game 6. There is little doubt the B's will be the intimidators tonight on home ice. As long as they play their game, whistles be damned, another Game 7 victory should be theirs.

JEFF GOLDBERG
sports@metro.us

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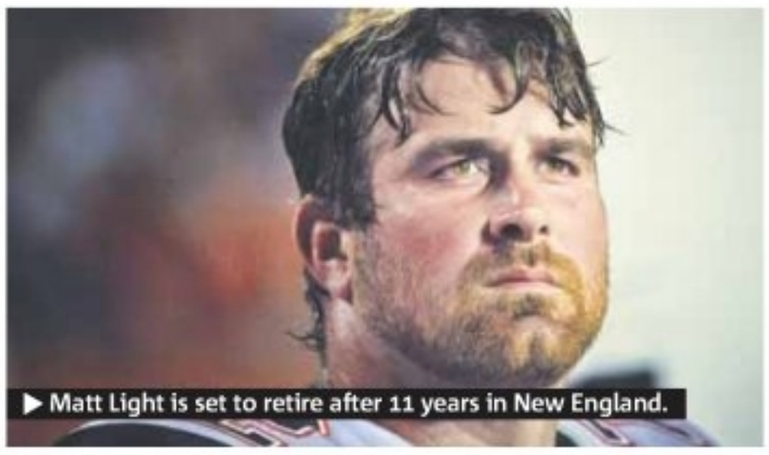
Light likely to retire

If Kevin Faulk decides to hang up his cleats this summer, Tom Brady will be the only Patriots player left from the Super Bowl XXXVI team that upset the St. Louis Rams a decade ago and started an unprecedented run in New England football history.

Yesterday, longtime offensive lineman Matt Light was placed on the retired-reserved list by the Patriots, according to reports.

The second-round selection out of Purdue in 2001 protected Brady's blind side for more than a decade, earning three trips to the Pro Bowl and taking home three Super Bowl rings.

Roster space had to be made available with the NFL draft beginning on Thursday. It has been anticipated for longer than a month that Light would retire.



▶ Matt Light is set to retire after 11 years in New England.

MATT BURKE
matthew.burke@metro.us

Crawford re-examined

The Red Sox are still "gathering information" about Carl Crawford's left elbow injury, ESPN reported yesterday.

No timetable has been set for when Crawford will be able to resume throwing. METRO

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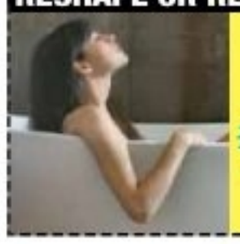

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HOME SWEET HOME?

This Fall River property will cost a buyer more than 40 whacks
In fact, the place where Lizzie Borden died is listed for $650,000

COURTESY OF FALL RIVER PUBLIC RECORDS

▶ Though she was not the most recent occupant, Lizzie Borden, inset, was an occupant of Maplecroft for more than 30 years.

The home at 306 French Street isn't the most notorious address in Fall River. That would be 92 Second Street, the house where Andrew and Abby Borden were bludgeoned to death in 1892. But 306 French Street is where Lizzie Borden, who was famously accused of brutally slaughtering her father and stepmother, lived after her acquittal of their murders. She moved to the French Street address in 1894 and died there in 1927. And now the property is for sale.

Situated in Fall River's Highlands neighborhood, at the time that Lizbeth Andrew Borden bought the 14-room, Queen Anne Victorian-style house, grand homes such as this didn't have numbers — they had names. Lizzie's new home was called Maplecroft, and its name remains carved into the stone entrance steps. Borden never married and had no children. Her funeral was held at this house, but it was not well attended. She was carried out over those stone steps and laid to rest in nearby Oak Grove Cemetery.

It's also an interesting property because it hasn't been altered that much. The home remains wonderfully intact, complete with its carriage house and many original features.

Buy it now

306 French St., Fall River
This grand old Victorian house has seven beds and three and a half baths. The listing also details note two sunrooms, six fireplaces, a billiard room, original parquet flooring, a molded tin ceiling and mahogany woodwork. The property also includes a carriage house.
Listing price: $650,000.
Listing agents: Alda Moniz, Affordable Real Estate Inc. 508-678-5000/508-254-7782, www.newenglandmoves.com

Listing agent Alda Moniz of Affordable Real Estate says the house had some kitchen updates and is in good repair. "It might need some exterior painting and general maintenance. It's an attractive single family home," Moniz added

But what's drawing prospective buyers from all over the world is the home's historical and curiosity value.

"We've already had many inquiries," says Moniz. "One person called from Mexico, another from Australia. We've had calls from all over the country."

LINDA LABAN
linda.laban@metro.us

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at home with metro

A Caribbean island — in a living room

Designer Malene Barnett has converted a Brooklyn townhouse into a far-flung retreat She gives us a tour

This beachy oasis can be found in the heart of Brooklyn.

ASHLEY MACKNICA

Malene Barnett, the talent behind the New York-based carpet company Malene B, dreams of one day moving to the Caribbean. "I haven't picked my island yet. So until I do, I want to live in an environment that makes me feel like I'm already there," she says. Her home has a warm, calm and beachy look that stands out on a block of red-brick buildings. The island feeling literally greets you at her turquoise-colored door.

"It's my favorite color. I love that I get to see it every day. It's also unique because I'm the only one on my block with that kind of door," she says.

She achieved the look by filling her home with creative plays on texture, African contemporary art, crafts collected during her travels and a range of textiles — all against a calm backdrop of the palest blues and white. "Each piece has a story that reminds me of my trips abroad," she says.

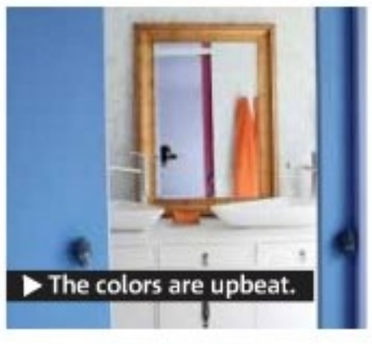
Check out Malene Barnett's custom, handmade carpets at www.maleneb.com.

The rundown

- **Name:** Malene Barnett
- **Occupation:** Principal and Design Director of Malene B, a custom carpet company
- **The space:** A large and bright two-bedroom duplex within a Brooklyn town house
- **The city:** Brooklyn, N.Y.

KENYA HUNT

METRO WORLD NEWS IN LONDON


The colors are upbeat.

Accents were found during Barnett's travels.

It's all in the details

1 The teal-stained wood floors
"I love how they make you feel like you're walking on water," Barnett says.

2 The West African door knobs
"They're unique because they look as if they were handcrafted years ago. But I bought them at a local hardware store in Manhattan."

3 The mini art gallery
"It's a showcase of some of my favorite arts and crafts from around the world."

the lofts
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at home with metro

Waltham's time has finally come

Historic watch factory becomes new condos There are units that are available for leasing right now

PHOTOS: RESMARK

▶ The sun floods in on the riverside of the Watch Factory.

▶ This could indeed be the best part of waking up.

▶ A rendering shows what the cafe will look like.

Watch out, because Waltham now has its very own old warehouse loft apartments, just like those found on the South Boston Waterfront. In fact, this development of the disused Watch Factory comes courtesy of Berkeley Investments Inc., the company behind Congress Street's FP3, which turned old wool warehouses into mod condos.

The Watch Factory, which opened in 1854 and closed in 1957, is on the National Register of Historic Buildings. The Waltham Watch Company competed with European watchmakers to become America's first producer of affordable watches. Waltham was dubbed The Watch City and the city seal still bears that title.

Phase one of the Watch Factory's rehabilitation is already complete and comprises commercial units.

"It's a lot of small, creative companies such as Flow Design, who were attracted to the space's funky vibe," says Joe Laurano, director of operations for ResMark, part of Berkeley Investments. "It's great to have the building as a productive space, just as it once was."

Spring sees phase two's 96 loft-style apartments ready for leasing for a May 1 move-in date. A restaurant and cafe are planned to be open before the end of 2012.

"They have huge open living spaces with different designs because we followed the building's original features," says Laurano. "That includes rows and rows of windows, which allowed abundant natural light before there was electricity for the precision work of putting together these little watches."

Phase three adds 67 apartments and an announcement regarding phase four is expected soon.

"This building was a boon for Waltham back then," says Laurano, "and it'll be a boon to the city now."

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Many amenities

The Watch Factory sits beside the Charles River, with the River Walk and bike path into Boston just steps away. The train station is about a mile away. Apartments range from studios to three-bedrooms, measuring from 600 to 1,100 square feet; rents run from $1,200 to $2,700 per month. **Princeton Properties, 888-897-0673,** www.walthamwatchfactory.com

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CONDO DUE DILIGENCE

By Attorney George Warshaw

Buying a condo? The condo market has heated up. Do you know what to look for – or look out for?

1. The Budget:
- □ Is the budget adequate to cover the operating costs?
- □ Are reserves for improvements and major repairs sufficient?
- □ Do reserves meet the Fannie Mae minimums (10% of budget + separate insurance deductible)?
- □ Have there been major increases or decreases in reserves or expense items over time?
- □ Are any Unit Owners more than 30 days in arrears in monthly payments?

2.Repairs, Improvements and Assessments
- □ What repairs are presently being planned?
- □ Any special assessments or improvements currently in effect, planned or being discussed.

3.Litigation
- □ Is the association involved in any litigation?

4. Occupancy
- □ How many units are owner-occupied or rented?
- □ Have there been any sound and noise complaints?

Email me for a more complete list at metro@warshawlaw.com.

GWA

George Warshaw is a real estate and estate planning attorney in Massachusetts. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts for individuals and families. George welcomes new clients and questions at metro@warshawlaw.com.

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